

'cause parenting is a trip!

October 2013
parentmap.com

PARENT
MAP

Education
exp
parentmap.com
/education
PAGE 34

Special kids

Surviving and thriving while
raising a child with special needs

INSIDE

ASPERGER'S SYNDROME: WHAT ARE THE SIGNS?

Why getting treated can
become a medical maze **44**

HOW TO ADVOCATE FOR YOUR CHILD

Navigating the schools
for your special learner **46**

Good Growing newsletter inside



Seattle Children's
HOSPITAL • RESEARCH • FOUNDATION

SPONSORED CONTENT

CELEBRATE RAINY DAYS WITH CREATIVE OUTDOOR PLAY 32



You'd travel anywhere to heal his heart.
Fortunately, you don't have to go far.



When a child has a heart ailment, parents want the best treatment available. Happily, the best is close by. Seattle Children's Heart Center is internationally known for treating children and young adults—with top rankings in national surveys. Whether treating a minor heart murmur or performing a complicated heart transplant, skilled doctors, nurses and staff are dedicated to healing patients and comforting families. Our cardiologists can even identify heart defects in unborn babies and develop prenatal treatment plans. Our Heart Center provides care for patients in Alaska, Washington, Idaho and Montana—without having to come to Seattle. To learn more, visit seattlechildrens.org/heart.



Seattle Children's®
HOSPITAL • RESEARCH • FOUNDATION

Heart Center

Hope. Care. Cure.™

Good food without a doubt



Initiative 522, to label genetically engineered food, would give us the right to know what's in our food and would provide us with more information when making choices for our families.



Organic Popcorn Kernels
— Find them in our bulk section. Nonorganic corn is one of the most genetically engineered crops in the U.S.



Organic Apples — Choose from locally grown options. GE apples from Canada have been submitted to the FDA and USDA for approval.



Organic Maple Syrup
— A nutritious alternative sweetener. Organic ensures GE ingredients aren't used to top maple trees.



Wild Salmon — Salmon is packed with omega-3s. GE salmon is not on the market yet but FDA has recommended its approval.

Maple-glazed Popcorn

MAKES 5 CUPS

3 tablespoons maple syrup

3 tablespoons brown rice syrup

Pinch of salt

¼ teaspoon vanilla

5 to 6 cups popped popcorn (3 tablespoons of kernels)

¼ cup peanuts (or other nuts), optional

Preheat oven to 325° F.

Combine maple syrup and brown rice syrup in a small saucepan and heat to boiling, stirring occasionally. Remove from heat and stir in salt and vanilla. Pour mixture carefully over popcorn, add peanuts (if using) and mix well.

Place mixture on a lightly oiled, parchment-lined baking sheet. Bake for 12 to 15 minutes, until golden brown, stirring mixture twice.

Remove from oven and let cool. Break into pieces and store in an airtight container.

RECIPE BY LISA PALMATIER,
PCC COOKS INSTRUCTOR

EACH SERVING: 120 cal,
2.5g fat (0g sat), 0mg chol,
65mg sodium, 22g carb,
2g protein

NINE NEIGHBORHOOD LOCATIONS: EDMONDS • FREMONT • GREENLAKE • ISSAQUAH
KIRKLAND • REDMOND • SEWARD PARK • VIEW RIDGE • WEST SEATTLE • PCCNATURALMARKETS.COM





LOOKING FOR QUALITY CHILD CARE?

Ask your child care provider about
EARLY ACHIEVERS

It helps ensure your child receives quality care and education. It's free for families and providers.

Learn more at: [www.del.wa.gov/qris](http://www.del.wa.gov/care/qris)

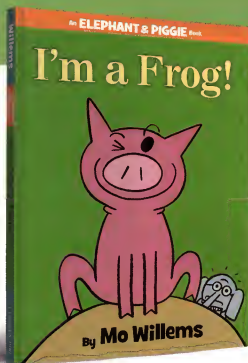


WASHINGTON
EARLY ACHIEVERS
 PREPARING CHILDREN FOR SUCCESS IN SCHOOL



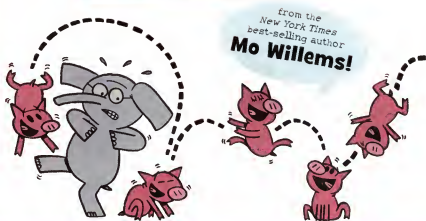
Peggy Washburn

Museum Grade Fine Art Portraits
 (206) 323-6705
www.peggywashburn.com



RIBBITING News!

A new **ELEPHANT & PIGGIE** book!



HYPERION BOOKS FOR CHILDREN

Don't miss *Let's Go for a Drivel*, *A Big Guy Took My Ball*,
 and all the other Elephant & Piggie books!

Mo' Mo at **Pigeon Presents**
 © 2012 Mo Willems

Special kids

Surviving and thriving while
raising a child with special needs

FEATURE
PAGE 20

REGULARS

- 6 **DEAR READER**
From strength to strength
- 8 **VOICE** Kat Tiscornio: What is strength?
- 11 **GIVING TOGETHER**
The Road Map Project
- 13 **WELLNESS**
Genetic testing: A smart idea?
- 14 **TESTING FOR BREAST CANCER**
10 common myths
- 16 **FAMILY HEALTH**
- 19 **SHARED ON SOCIAL**
Minimum babysitting age
- 54 **SOMEONE YOU SHOULD KNOW**
Paul Vine, director of special education,
Lake Washington School District

OUT + ABOUT

- 26+31 **OCTOBER CALENDAR**
- 32 **RAIN, RAIN, COME AND PLAY**
Backyard adventures for the wet season
- 41 **PLAYLIST**
Five places to pick apples

AGES + STAGES

- 44 **0-4 ASPERGER'S REDEFINED**
What's in a name?
- 46 **5-8 ADVOCATING FOR YOUR CHILD**
Getting kids through the school system
- 48 **9-12 THE KID'S SPEECH**
When pronunciation problems persist
- 51 **13-18 DEEP THINKERS**
Getting to know your gifted teen

ADVERTISING SECTIONS

- 18-25 **SCHOOLS + PRESCHOOLS**
- 27-30 **GOOD GROWING**
Seattle Children's Hospital's
health newsletter
- 42 **ARTS + ACTIVITIES**
- COMING IN NOVEMBER**
 - How celebrities influence kids
 - Are children 'specializing' too soon?
 - Coping with divorce

COVER PHOTO:
DENYS KUWAIEV / ISTOCK



INSIDE

32



8



online only at parentmap.com

- > **SPOOKTASTIC STUFF**
Halloween costumes, creepy grub
- > **EDUCATION EXPO**
A one-stop school and learning portal
- > **GET OUTTA HERE!**
Glamping, wine tasting, fall escapes

FOLLOW US ON FACEBOOK
Keep up with the latest at [facebook.com/parentmap](https://www.facebook.com/parentmap)





More of this

when you save money
on your auto loan

- Lower your rate by 1%
- No payments for 90 days

veritycu.com/drivehappy

*\$1,000 bonus points. A bonus point is one loyalty point. The maximum rate after discount is 2.99% and the maximum rate is 12.99%. And 200 bonus points (20%) for terms exceeding 60 months. Offer good only on new vehicle loans. Offer has no cashback. Financial institution through 10/28/13. Available for qualified loan customers.

V VERITY
CREDIT UNION

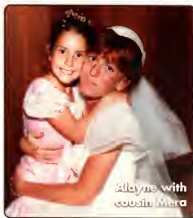
dear reader

From strength to strength

Does it seem to you that there are often near-mystical or magical forces at play in the universe?

Moments before reading through this Special Kids issue filled with a range of journeys, from the most serious diagnoses to the largest learning challenges, I already had a goliath-sized lump in my throat.

My aunt Cynthia had just sent me a short video from the Northwestern Brain Tumor Institute Minds Matter benefit in Chicago. It featured my beautiful cousin



Mera, who battled an inoperable brain tumor. At the Tumor Institute benefit this month, the cocktail-attired guests will be dramatically affected by the short glimpse into Mera's astounding strength, boosted by the power of her mind and the love around her.

For families facing life-threatening illnesses, life shifts in a way they would rather not experience. For many parents of children with special needs and learning challenges, life requires new, creative ways of thinking and parenting — but also brings lessons, joys and

wisdom that these families would never wish to trade.

Both scenarios ask parents and families to dig for strength they might not have realized they had.

Our strength comes from within ourselves, from one another's love and care, and from the myriad professionals whose lives are committed — beyond their professional status — to helping families who struggle with the biggest challenges.

The next moment, I turned to our October issue and saw the image of a beautiful teen with her glowing smile, grooming her horse, Scooter. Kat Tiscornia, 13, author of this month's Voice column (p. 8), always understood strength as an athlete and equestrian. But it was Kat's diagnosis with a rare bone cancer that gave her clarity and insight far beyond her years, and the ability to grasp what many gray-hairs never do: that the herculean power of your mind can empower you with unimaginable Olympic strength.

"I was told that my mind was going to be my best ally and that it needed to be strong," Kat writes.

The obstruction in my throat kept expanding, reading these impactful journeys of the kind not always chosen but often thrust upon us, as we help navigate our children's lives and our own.

On this same night, yet another friend announced her breast cancer diagnosis (the bad news) and her birthday gift (new boobs!). Another journey not chosen, but filled with rewards and blessing of great docs, medical technology and devoted family and friends (*Genetic testing* p. 13).

Kat's powerful voice became louder. "Ultimately, strength comes not when you want it to, but when you need it the most. We are all strong inside, but don't realize it until it is our only option."

It takes some years in the game to appreciate the silver lining of life's trials.

Learning challenges that last a lifetime, or the cancer diagnosis that becomes a part of your history, put us face to face with finding strength, as Kat Tiscornia so beautifully teaches us.

Blayne

PARENT MAP

October 2013, Vol. 11, No. 10

PUBLISHER/EDITOR Alayne Sulkin

GENERAL MANAGER Patty Lindley

EDITORIAL

MANAGING EDITOR Linda Morgan

OUT • ABOUT EDITOR • ENEWS

Ella Murray

PROOFREADER Sunny Parsons

CONTRIBUTORS

Nancy Allan, Lauren Braden, Rary Groves,
Patricia Guffrie, Mella Jacobson, Allan Krupnick,
Jessica Minier Mabe, Linda Morgan, Lisa Rivera,
Kristen Russell, Kathryn Russell Seik, Kat Thorne

TV EDITOR Hilary Benson

PARENTMAP.COM

WEB EDITOR Natalie Singer-Velich

EDUCATION EDITOR Allison Krupnick

CHIEF TECHNOLOGY OFFICER Julian Haight

SOCIAL MEDIA COORDINATOR Rary Groves

ADVERTISING

ACCOUNT EXECUTIVES

Anna Dass Hardy

Senior Account Executive, Seattle

Isla Wicklund Eastside

Dani Carberry

N. Seattle, Snohomish, Pierce and Thurston counties

AD TRAFFIC CONTROL: Elise Taylor

BUSINESS DEVELOPMENT: Stephanie Lipp

SALES COORDINATOR: Angie Edwards

SALES SUPPORT: Gila Krenenberg

MARKETING/EVENTS

MARKETING + COMMUNICATIONS COORDINATOR

Alysa Larson

ART • PRODUCTION

DESIGN • PRODUCTION: Emily Johnson

PRODUCTION DESIGN: Amy Chinn

ADMINISTRATION

BUSINESS MANAGER: Barbara Cohen

ACCOUNTING ASSISTANT: Tara Buchan

ADMINISTRATIVE ASSISTANT/DISTRIBUTION

Alysa Johnson

ADMINISTRATIVE SUPPORT: Torianna Ullevig

PARENTMAP

EDITORIAL ADVISORY BOARD

Benjamin Danielson, M.D.

ODESSA BROWN CHILDREN'S CLINIC

Joan DuRoi COMMITTEE FOR CHILDREN

John Gutman, Ph.D.

THE GUTTMAN INSTITUTE

PROFESSOR EMERITUS, UNIVERSITY OF WASHINGTON

Michael Gurian THE GURIAN INSTITUTE

Laura Koster, Ph.D.

PSYCHIATRY • BEHAVIORAL SCIENCES

UNIVERSITY OF WASHINGTON

Bea Kelleigh VICE PRESIDENT AT DOWTELLING LLC

Yaffa Maritz, M.A.

LISTENING MOTHERS •

COMMUNITY OF MINDFUL PARENTS

Ron Rubin THE KIRIN FOUNDATION

Daniel J. Siegel, M.D.

EXECUTIVE DIRECTOR, WINDSIGHT INSTITUTE

ADVERTISING INFORMATION

206-709-9026 or advertising@parentmap.com

Fax 206-709-9031

CALENDAR SUBMISSIONS: calendar@parentmap.com

EDITORIAL SUBMISSIONS: editor@parentmap.com

DISTRIBUTION: distribution@parentmap.com

SUBSCRIPTIONS: subscriptions@parentmap.com

ParentMap is published monthly

PMB #359, 4742 42nd Ave S.W.

Seattle, WA 98116

Admin: 206-709-9026, parentmap.com

Subscription rate 1 year: \$24; 2 years: \$40

All rights reserved; reproduction in whole

or part without permission prohibited

©ParentMap 2013 • Printed in Oregon



HOOT 'N' HOWL

OCT 25 & 26



Northwest Trek
Wildlife Park

METRO PARKS TACOMA

nwtrek.org

ZOO BOO

OCT 19 & 20
pdza.org



GAMES, TREATS & SCAVENGER HUNT

Come in costume and receive \$2 off general admission



What is strength?

By Kat Tiscornia

Up until March 2013, my eighth-grade year, I felt that I was physically strong. I jumped horses over 3-foot fences and snow-skied down double black diamonds. I loved running and swimming. However, I never thought of myself as mentally strong. To be honest, I never understood what being strong meant.

During March, I was no longer able to be physically strong. I was diagnosed with a rare form of bone cancer known as Ewing's sarcoma.

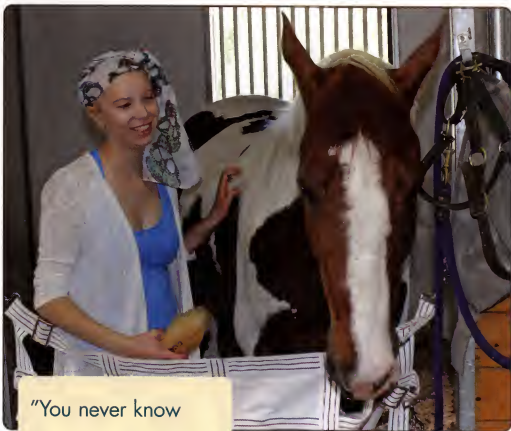
The tumor was taking up a large part of my right leg. I had to stop all physical activity. I've had two biopsies (one leg and one lung), multiple rounds of scans (such as MRI, CT scan, PET scan), had more blood draws than I can count, 10 rounds of chemotherapy (four more to go) and have had most of my femur and hip replaced with titanium. I wore a back and leg brace for seven straight weeks, 24 hours a day, which kept me from sitting up at a 90-degree angle and being able to walk on my leg.

At the beginning of my diagnosis, I was told by my doctors and my parents that this process would be the hardest thing I would ever have to do. I was told that my mind would be my best ally and that it needed to be strong. It needed to help fight the cancer and shrink the tumor. But I was worried. Where would I find the strength? It's not like when you want to become strong, you work out at the gym and build muscles. There's no book or road map on how to be mentally strong.

As I started along my journey, I did things that I never thought I would be able to do. Things that, just six months ago, would have scared me to death. Things such as completing 10 rounds (six months) of chemotherapy, having a port placed inside my body and having surgery performed on me. As my journey continued, I felt like my mind was starting to become strong. I felt like I was using it to stay positive and shrink the tumor. But where was my strength coming from?

I realized that part of my strength was coming from my family. My family supports me, especially on my worst days. They lift me up and tell me how strong I am. They constantly remind me of how far I've come and that there is light at the end of the tunnel.

Another part of my strength was coming from



"You never know how strong you are until being strong is the only choice."

my friends. My friends are great at making me forget that I'm a cancer patient. They come over and make me feel normal again. They give me something to look forward to: going to school again and living a teenage life. They also make me smile.

I also get a lot of strength from my horse, Scooter. I have visions and dreams where I am riding and competing on him again. During my worst moments, I can re-create these visions and I focus on the future where I am strong and riding him again. Just spending time with him at the barn makes me strong. I look into his big, brown eyes and I know he is channeling all his strength to me. I think he understands that I'm sick and that I need him now more than ever.

Ultimately, strength comes not when you want it to, but when you need it the most. We are all strong inside, but don't realize it until it is our only option. Strength comes from a place deep inside you, a place that no one knows they have. Strength finds you when you are worried, when you are upset or when you just need that extra nudge. You will never know until you need it.

If there is one benefit from having cancer, it would be that I have found my strength. Some days I think that there is nothing that I can't accomplish. I hope I don't lose it, but if I do, I know I can always call it back into action. A favorite quote of mine is "You never know how strong you are until being strong is the only choice." ■

Kat Tiscornia is a Seattle ninth-grader who loves horseback riding, skiing, and spending time with friends and family. She is fighting a rare form of cancer and raising money for research and treatment. Follow her story on Tumblr and at giveeto.seattlechildrens.org/katsdonations.

GREENWOOD AND DOWNTOWN LOCATIONS



Best Selection of Quality Toys

Keep
healthy
play
alive.



Kids of all ages welcome.

(206) 782-0098 | toptentoys.com

Greenwood: 124 N. 85th St. | Downtown: Pacific Place

Completing your family is as simple as ABC

What is a
decree of
adoption?

How do
we get into
court?

Can
we do a
step-parent
adoption?

How long
is this
process?

Where
do we go
from
here?

abc
Law Group, LLP
EVERETT, WA

425-953-5699 • www.abc-law-group.com

ADOPTIONS • PROBATE • DAYCARE NEGLIGENCE • SOCIAL WORKER NEGLIGENCE

ask the nutritionist

Does Initiative 522
matter to my family?

Initiative 522, to label genetically engineered food, will be on the November 2013 ballot. It would give you the right to know what's in your food and would provide you with more information when you're making choices for your family at the grocery store. Learn more at pccnaturalmarkets.com/r/2212.

Wondering how to navigate the world of kids' nutrition? We're here to help. Our team of skilled nutrition educators are available to answer questions and share their knowledge. Email nutrition@pccsea.com.



Marilyn Walls, M.S.,
PCC Nutrition Educator



**fresh, local,
organic**

Nine neighborhood PCC locations
PCCNATURALMARKETS.COM

License to Help Kids

Add a splash of color to your vehicle with a Keep Kids Safe license plate. Proceeds help protect kids and strengthen families in Washington state.



For more information visit: del.wa.gov/development/strengthening/ordering.aspx

State of Washington Certificate of Birth

The Governor of the state of Washington on this 12th day of January, 2005 is proud to crown among the citizens of the state

Baby Girl Doe

Born on January 1, 2005
At 4:44 A.M. in Seattle, King County, Washington.

Cherishing the birth of this child are her mother

Jenny A. Doe
who now lives in Washington, and her father,

John F. Doe
who now lives in Washington.

To her this young girl be known for all time, a record now filed with Washington State Vital Records, on the 12th day of January, under the number 1234567. Amongst this record is recorded a record on the signature of the Governor of the state of Washington on the same day of the same year.

Witness my hand and the Great Seal of the State of Washington on this 12th day of January, 2005.

Governor of the State of Washington

Secretary of the State of Washington

Treasurer of the State of Washington

Comptroller of the State of Washington

Attorney General of the State of Washington

Judge of the Supreme Court of the State of Washington

Judge of the Court of Appeals of the State of Washington

Judge of the Superior Court of the State of Washington

Judge of the District Court of the State of Washington

Judge of the Municipal Court of the State of Washington

Judge of the County Court of the State of Washington

Judge of the City Court of the State of Washington

Twinkle Twinkle Little Star...

Welcome your little star in style with a Washington State Heirloom Birth Certificate. This official birth certificate offers a unique way to celebrate the arrival of any child born or adopted in the state of Washington. Each certificate is signed by the Governor and printed in beautiful full-color.

What a joy you are!

A portion of the proceeds from each birth certificate helps children grow, thrive and learn in safe and loving environments.



For more information visit: del.wa.gov/development/strengthening/ordering.aspx



education matters

With the advent of a new school year came renewed interest in making education relevant, rigorous and affordable. On the national, state and local fronts, education initiatives were launched and implemented, and standardized test scores were scrutinized. Some of these ideas could have far-reaching impact for today's students and those in the future. Here are some highlights:

NATIONAL

College affordability

President Obama has launched a controversial college affordability plan. According to College Board and U.S. Census data, the average tuition at a public four-year college has increased by more than 250 percent over the past three decades, while incomes for typical families grew by only 16 percent.

Plan highlights include developing a new college ranking system (available by 2015) that would rate schools by performance and affordability, measuring such criteria as postgraduation income-to-debt ratio. These rankings could be used to allocate federal financial aid. Obama does not need congressional approval to set up the new ranking system, but he does need congressional support if school rankings are tied to federal financial aid.

The plan has been lauded as a step in the right direction. However, critics say that, just as some states felt pressure to produce more high school graduates to meet the requirements of the No Child Left Behind legislation, colleges may feel pressure to boost their performance rankings by graduating unprepared students or being more selective in the students they accept.

College readiness

Education Week reports that most high school graduates are not ready for the rigors of college, based on the latest national ACT scores for the class of 2013. The ACT is an achievement test measuring knowledge in English, math, reading and science, with an optional writing component. The SAT, the other common college-readiness test, measures aptitude in critical reasoning, math and writing.

A wider range of students from the class of 2013 took the test than in previous years. Yet composite ACT scores dropped to their lowest point in eight years, with 39 percent of test takers meeting three or more requirements in English, math, reading and science. One-third of students who took the test did not meet any benchmarks.

Though some contest the validity of this claim, especially in science and reading, the nonprofit ACT organization that oversees the test says its

four college benchmarks predict a student's chances of success in typical first-year college courses.

More students took the SAT in 2012 than ever before. SAT participation has increased 6 percent since 2008. Reading and writing scores have declined, while math scores have remained stable. Colleges accept either ACT or SAT scores.

WASHINGTON

Common Core

The new national Common Core K-12 standards in English language arts and math have been implemented in Washington state. We join 45 other states and the District of Columbia in using these nationally developed, internationally benchmarked standards designed to prepare students for college and 21st-century careers.

The standards focus more heavily on reading and understanding informational texts across disciplines, including science, social studies and technical subjects. Teachers will supplement existing curricula and develop new materials to meet these new, more rigorous academic standards.

In 2014-15, the Measurements of Student Progress (MSP), the state standardized test for students in grades 3-8, will be replaced with the new Smarter Balanced Assessment, aligned with the Common Core standards.

To learn more about them, read our parents' primer on Common Core (parentmap.com/blog/24093/education-matters-common-core-a-parents-primer).

Free, all-day K

Because of increases in state education funding, as mandated by the state Supreme Court, free all-day kindergarten is on the rise in Washington schools, with the goal of making it available at all schools by the 2017-18 school year. Funding for full-day kindergarten will be phased in over the next several years. The state biennial budget for 2013-15 will provide funding for 43.75 percent of Washington kindergartners.

giving together

THE ROAD MAP PROJECT roadmapproject.org

The Road Map Project focuses on improving education and student achievement for kids in South King County and South Seattle from birth through college and career. The goal of the project is to double the number of students who are on track to graduate from college or earn a career credential by 2020 — and to close the achievement gaps for low-income students and children of color. Please join us in supporting The Road Map Project by going to parentmap.com/givingtogether.

Testing

Washington state's class of 2013, the first class required to pass a math assessment to graduate, did so with flying colors.

According to the Office of the State Superintendent of Public Instruction (OSPI), more than 90 percent of Washington's public school seniors in 2013 fulfilled end-of-course test requirements in reading, writing and math. In addition to passing the required subject exams, high school seniors must also fulfill credit requirements, a "high school and beyond" plan and an end-of-year project.

OSPI says more than 80 percent of students in the class of 2014 have already fulfilled testing requirements for graduation. The class of 2015 will be the first required to pass an end-of-course exam in biology.

LOCAL

New preschool plan

Seattle City Council member Tim Burgess has proposed "Preschool for All," a plan to make voluntary, high-quality preschool available and affordable for all Seattle children, using a sliding scale for payment.

In early hearings about the plan, there was universal agreement that investment in early learning is essential and that the programs need to be of high quality. Seattle Public Schools, suffering from capacity problems, does not want to be the predominant provider of preschool programs.

OUR WEBSITE

Curious about Common Core, school board meetings, testing and more? Visit parentmap.com and follow us on Facebook and Twitter for the latest education news.

—Alison Krupnick



Only Carter Subaru gives you Unlimited FREE Brown Bear Car Washes for one year!

Now get Unlimited Brown Bear Essentials car washes for a full year with a complimentary annual membership in Brown Bear's Unlimited Wash Club when you purchase any new or certified pre-owned Subaru at Carter.



CARTER ON THE ROAD TO
CarbonNEUTRAL

Planting a forest... one test drive at a time.



SUBARU

Shoreline

17225 Aurora Ave,
(206) 542-1166
(800) 426-1332

Ballard

5201 Leary Ave NW,
(206) 782-7475
(888) 682-7474

A documentary service fee up to \$150 may be added to the sale price or capitalized cost

CarterSubaru.com

WOMEN'S SERVICES AT CAPITAL MEDICAL CENTER



*"The staff here really babied me,
and believe me, I should know."*

"Being born is not exactly a picnic. So, after I finally arrived, it was so nice to be pampered by the nurses and support staff at Capital Medical Center. Take it from someone who knows – they really know how to make a kid feel special."

CAPITAL
MEDICAL CENTER

Women's Services – 360-956-3587

360-754-5858 • CapitalMedical.com • 3900 Capital Mall Drive SW • Olympia, WA

GENETIC TESTING

A smart idea?

BY KATHRYN RUSSELL SELK

Love her or hate her, Angelina Jolie makes news. So when the actress recently announced that she had gone through genetic testing for breast cancer, people took note. And when she revealed that she'd chosen to get a double mastectomy as a result of those tests, she made women across the country start to wonder if they needed to get the same kind of genetic screening — and face the same tough decisions.

The basics

Here's what you need to know if you are worried about hereditary breast cancer: Your risk is probably low. "Most people have overestimated their lifetime risks," says Robin Bennett, codirector of the University of Washington Genetic Medicine Clinic.

What's more, hereditary breast cancer is not common. According to the National Cancer Institute (NCI) at the National Institutes of Health, such cancers make up an estimated 5 to 10 percent of all breast cancer cases.

If you have certain gene mutations, however, your risk of getting breast cancer becomes much higher than average. The primary culprits are two genes, known as BRCA1 and BRCA2. Harmful mutations in those genes are linked to 25 to 30 percent of all hereditary breast cancer.

The increase in risk is high. The NCI estimates that about 12 percent of the women in this country will be diagnosed with breast cancer at some time in their lives. But for women with a harmful mutation in BRCA2, the NCI reports, research shows that number climbs to 40 to 45 percent. With BRCA1, it is a whopping 55 to 65 percent, with some estimates going even higher.

Should you get tested? Lorraine Naylor, a genetic counselor, says certain "red flags" increase the likelihood that you've inherited a gene with a harmful mutation. These include having a family history of similar cancers, or an Ashkenazi Jewish or Norwegian background.

Even for women with some risk factors, however, testing may not be called for. Bennett often goes through initial counseling with a woman to find that her recommendation is not to test. Each woman's situation, history and risk are different, says Bennett.

Bottom line? If you have no risk factors, you probably don't need to be tested. But if you're worried, it can't hurt to ask questions.

As Bennett points out, "Getting information can often be all you need to relieve some stress." ■

Kathryn Russell Selk is a freelance writer and public defender who works and writes in Seattle.



GENETIC TESTING

continued from page 13

Genetic testing for breast cancer common myths

- **My insurance won't cover it.** Many plans cover testing for women with high risk factors. And under the Affordable Care Act, more insurers are expected to have to pay for genetic testing for such women.
- **I can't afford it.** If you pay for testing yourself, you may pay between \$2,000 and \$4,000. But costs are coming down because of a recent U.S. Supreme Court decision. A genetic research company had initially patented the BRCA1 and BRCA2 genes, but last June, the court rejected the idea that genes could be patented, paving the way for more variety in testing and more research on hereditary breast cancer. Within two weeks of the decision, competitors began rolling out their own BRCA1 and BRCA2 tests at a cheaper price.
- **Only the medical histories of the women on my mom's side of the family are relevant.** The genes identified so far as culprits in hereditary breast cancer are not limited to women; there is a 50 percent chance your dad might have given them to you.
- **If I have a mutation, I will get breast cancer.** Not all mutations are "harmful" or cause hereditary breast cancer. And again, while having a

harmful mutation means you have an increased risk, it does not mean you are guaranteed to get breast cancer.

- **Everyone could benefit from a test.** Testing is not always the right choice for everyone. And the decision to test can have some risks. While a 2008 federal "nondiscrimination" law aims to prevent health insurers and employers from discriminating against women who test positive for harmful mutations, it does not apply to other types of insurance, such as disability or life.
- **Only my breasts are involved.** The some mutations that show an increased risk for breast cancer are also linked to higher risks of ovarian cancer. In fact, says genetics counselor, Larraïne Naylor, BRCA mutations have been found to be responsible for more ovarian cancers (10 to 15 percent) than breast cancers (5 to 10 percent). The National Cancer Institute reports that harmful BRCA1 mutations have been linked to increased risk of fallopian tube and peritoneal cancer, and other links are being studied as well.
- **My general practitioner can do the test.** It's possible, but may not be a good idea. Many physicians are not well versed in the complexities and nuances of genetic testing. UW geneticist, Robin Bennett explains.

- **Testing won't have an effect on me.** There is an emotional impact from such testing, and for some women, "knowing may make them feel worse," says Bennett. It is important to understand and honor your fears — and those of your family — throughout the process, even if you decide testing is not right for you.
- **Mastectomy is my only option if I have a harmful mutation.** "This is one of the most common misconceptions about BRCA genetic testing," Naylor says. In fact, other options exist, such as more aggressive screening and medicines such as Tamoxifen.
- **We already know everything about genetic testing and causes of hereditary breast cancer.** We are learning more every day. For example, just this past July, a study published in The Journal of Experimental Medicine broke new ground in explaining just how the mutations in one of the most significant of the "breast cancer genes" may work to increase the likelihood of cancer.

WANT MORE INFORMATION?

The NCI's website has a detailed fact sheet about genetic testing for breast cancer, focusing on the two most significant genes involved (BRCA1 and BRCA2). Visit cancer.gov/concer-topics/factsheet/Risk/BRCA.



**ChildCare
Aware**
OF WASHINGTON
FAMILY CENTER

A program of Child Care Resources

Looking for child care?
We can help you
explore your options.

1-800-446-1114

www.childcare.org



Child Care
RESOURCES

A Not-For-Profit Agency



Cupcake Royale

BAKESHOP • ICE CREAMERY • ESPRESSO

MADRONA | BALLARD | BELLEVUE | 108 PINE
WEST SEATTLE | CAPITOL HILL | **QUEEN ANNE**



We honor your wishes for your special day.

All new parents want the best care for mom and baby. At Franciscan, we offer that and much more. We partner with patients to turn their dreams for their pregnancy and birth into a personalized care plan and experience they choose. Then we deliver it with compassion and one-on-one attention for maximum comfort and safety.

Find the perfect doctor for you and your baby at www.FHShealth.org/baby

FOR ADVANCED MEDICINE AND TRUSTED CARE,
CHOOSE FRANCISCAN.

Franciscan Family Birth Centers at:
St. Joseph Medical Center in Tacoma
St. Francis Hospital in Federal Way
St. Elizabeth Hospital in Enumclaw

† CATHOLIC HEALTH
INITIATIVES

Franciscan Health System

Explore Dinosaurs: A Journey Through Time...



...and Travel From the
Prehistoric to the Ice Age!

Opens October 4 in
IMAX 3D



TITANS
OF THE
ICE AGE

IMAX® is a registered trademark of IMAX Corporation.
Pacific Science Center is committed to providing accessibility for all guests.
For detailed information about our facility and services, please visit
pacificsciencecenter.org.

PACIFIC SCIENCE CENTER

Located under the arches, near the Space Needle pacificsciencecenter.org



family health

HERE COME THE BRACES!

Is your child ready for the orthodontist? What kinds of things should you be thinking about? Here are some tips from Dr. Mario Chorak, an orthodontist in the Puget Sound area.

How common are braces among kids these days?

Today, braces are very common for kids — it's almost a rite of passage. Based on my experience, about 90 percent of kids have braces or some sort of orthodontic treatment.

When should kids first see the orthodontist? What can they expect?

The American Association of Orthodontists recommends that kids have their first consultation around the age of 7. During the consult, kids will have an initial exam, including an X-ray to determine if their permanent teeth have developed and if any extra teeth are present. This first appointment is also an opportunity for you and your child to get to know your orthodontist and ask questions.

What are some common red flags parents should look for when considering treatment for their kids?

Orthodontic treatment is not a one-size-fits-all process. For that reason it's important to acknowledge that the treatment a neighbor or one of your child's classmates had — whether it's clear aligners or a certain type of retainer — might not be the best solution for your child. While each case is different, today's advanced treatment options offer less invasive and more comfortable solutions for kids (and adults!).

When should parents reconnect with the orthodontist after the initial consultation?

After the initial consultation, schedule a checkup every six months to track your child's dental

development. Staying updated will ensure that you 1) feel connected with your orthodontist, and 2) are properly tracking development and potential orthodontic needs.

What are some new treatment technologies out there that can help cosmetically?

Fortunately, we've seen significant advancements in orthodontic treatment. Today's treatment is not the bulky, painful and invasive braces that most parents remember from their childhoods. Go to drchorakorthodontics.com for more information.

KCINE PHOTOGRAPHY / ISTOCK



LUNCHBOX LESSONS

Oh, those school lunches. Packin' PB&J every day? Or opting for something healthier — that your child isn't bothering to unwrap?

Celia Framson, a clinical pediatric dietitian at Seattle Children's Hospital, suggests keeping your child's school lunch simple. Don't even try to present him with the "perfect" meal.

Here are Framson's five lunch-packing tips:

Food is not good or bad.

Many times we think of cupcakes or cookies as bad foods, but that lesson can have a negative effect on how kids view foods.

"I promote all foods as being a part of a healthy diet," says Framson. "Even though it's OK to eat treat foods, kids still need to have balanced meals, including a source of complex, preferably whole-grain carbohydrate, protein, fruits, vegetables and milk."

Avoid power struggles.

When a parent tells a child they can't have a certain food, he'll want it even more. Banning foods also sends the message that a child is "bad" or "good" for eating or not eating a certain food.

Instead, provide a wide variety of foods, allow children to decide what foods they would like to eat and how much, offer new foods on several occasions and avoid setting up food rules.

Picky eating is common.

Find healthy foods to pack that even the pickiest of eaters will enjoy.

"Kids' tastes are always changing. If a child doesn't like green beans the first time they try them, it doesn't mean they'll always dislike them," says Framson.

Incorporate kids.

Children are more likely to eat what they helped pick. "Give children options. Does a child dislike raspberries? Try apples, or strawberries or bananas. Try packing different fruits and vegetables each week to give children variety."

Make it fun.

Lunch can get monotonous; after all, there are only so many ways to make a peanut butter and jelly sandwich, so try giving classics a bit of a twist.

Source: Seattle Children's Hospital, Pediatric News

BABBLE TO YOUR BABY BUMPI!

Keep cooing and talking to your baby in utero — you just might be helping shape your child's brain, according to a recent study by the Proceedings of the National Academy of Sciences. It turns out babies hear what their moms say — and even recognize some of these words after they're born.

So far, there's no evidence that playing music or language recordings will help the child, according to neuroscientist Eino Partanen of the University of Helsinki.

"This is a well-respected group, and the effects are really convincing," says Patricia Kuhl, a neuroscientist at the University of Washington, in an article on the Science Now website. Combined with previous work, she says, these results suggest "that language learning begins in the womb."

—Linda Morgan



ISTOCK / JEFFREY



ISTOCK / JEFFREY



PUMPKIN BASH

presented by Delta Dental of Washington

OCTOBER 26 AND 27, 2013

9:30 a.m. - 2:30 p.m.

**PUMPKINS FOR ANIMALS!
TRICK-OR-TREATING!**

*FREE with zoo admission or membership.
Visit zoo.org for more information.*

*Kids in costume get in
FREE with a paid adult.*



 **DELTA DENTAL**

Delta Dental of Washington



VILLA ACADEMY



Discover What's Inside
OPEN HOUSE
November 2 | 9:30 a.m. - noon

Preschool - 8th Grade
INDEPENDENT | PROGRESSIVE | CATHOLIC

www.thevilla.org



Open House
Sunday, November 10th at 2 pm



More information:
www.sjcs.net
admission@sjcs.net



exploration — discovery

Call to schedule
a tour today

www.thelittleschool.org
425-827-4609 ext. 102

Forest Ridge School of the Sacred Heart



Middle School Open House Tuesday, October 8 4:00-6:00 p.m.
All School Open House Saturday, November 2 1:30-4:00 p.m.
Catholic College-Preparatory Education for girls grades 5-12
4800 139th Ave SE, Bellevue 425.641.0700
www.forestridge.org



**"I wish I had gone to
a school like this!"**

Come see why parents say that.

Schedule a tour today!

425.881.4230

ETON SCHOOL

Pre-elementary - Middle School

www.etonsschool.org
www.facebook.com/etonsschool.washington

2701 Bellevue-Redmond Road
Bellevue, WA 98008



Excellence Today, the World Tomorrow
French American School of Puget Sound

**BILINGUAL EDUCATION
FROM YOUNG PRE-K (AGE 3)
TO GRADE 8**

Enrollment is Now Open!

Contact the Admissions Office
for tours and more information:
(206) 275-3533 ext 275
patricia.b@faps.org

- ☆ No French language experience required through Kindergarten
- ☆ International community
- ☆ Small class size
- ☆ Tuition aid available
- ☆ Seattle and Eastside Bus service
- ☆ Accredited by: NWAIS & French Ministry of Education



206-275-3533
3795 East Mercer Way,
Mercer Island, WA 98040
www.faps.org



**COME SEE WHAT
LEARNING
LOOKS LIKE**

APPLY NOW

Jr. K & Kindergarten Open House // Nov. 6

Fall Preview Day
// Nov. 11



**CHARLES WRIGHT
ACADEMY**
CHARLESWRIGHT.ORG

Girls & Boys // Jr. K - Grade 12 // Bus Service



What's the minimum age you'd consider for hiring a babysitter?

This is what I need answers to! Only family have watched our kids so far so I have no idea! —ALI S.

I think maturity, experience and training/CPR certification are just as important as age. If you're not sure how you feel about a possible sitter's age, you can let them hang out with you as a "mather's helper" to see how they handle themselves and ease them into babysitting alone. I'd also feel more comfortable with a younger sitter if their parents lived really close by. —DANI C.

Agree with Dani on their maturity level and not just their age. Also depends on your own children's ages and temperament. —KRISTA J.

451 —DONNA B.

I started at 12 and continued through my college years. It really depends on maturity. I want to give another teen a chance like I was given. —KELLY D.

No one under 25 unless I thought they were amazingly reliable. —KATIE C.

When my children were infant/toddler aged, I would have said 18-plus. But now that they're school aged, I'd say younger-teenaged is fine — if I personally know them and how they interact with my kids. I've discovered these girls are actually much more attentive and engaging than some of the college-aged young women we had who would get on their phones and text the minute I drove away. —MARIE W.

Highlights from facebook.com/parentmap

join the conversation!



UCDS

pre-K to 5th grade
206-547-8237
ucds.org

Call today for
a school tour.



Open House • Dec. 7th • 2-4pm

By the Zoo!



www.kapkaschool.org
510 N 49th St, Seattle, WA 98103
(206) 522-0350

Progressive, Holistic Education

Small Groups

Strong Community



Kindergarten through Fifth Grade
Intellectually broad, theme-based curriculum
Open Houses—Nov. 12, Dec. 3, Jan 21, 7 pm
Adults Only Please

www.lakeandparkschool.org
(206) 721-3480

where education is experiential, child-centered and joyful

the lake & park school

In Seattle's Mt. Baker Neighborhood since 2003

Special kids

Surviving and thriving while raising a child with special needs

BY PATRICIA GUTHRIE



Sibling rivalry.

With those two words, my father diagnosed every screaming, kicking, fighting feud unleashed among us half-dozen kids. Even the smallest argument led him to declare in a deep, monotone voice: "Sibling rivalry. Looks like another case of sibling rivalry."

Leading us to groan. And, inevitably, hash things out more quietly and reasonably.

Smart as my scientist/doctor father was, he never really addressed the strongest case of sibling rivalry in our family — the ambivalent feelings some of us harbored toward Johnny, our second-oldest brother, who had developmental disabilities.

Although my parents actively pushed for services for people with mental retardation (this was the 1960s and '70s), they never addressed the family dynamics inside their own home.

As I reached adolescence, I experienced some of the emotions teens typically feel: resentment. Jealousy. Frustration. Anger. But unlike other kids, my moods weren't simply teenage angst — they revolved around my brother.

My mother and brother were inseparable until he moved to a group home at age 32. He went everywhere she went: the grocery store, the bank, the drugstore, gas station, even to my doctor's and dentist's appointments. He stood out: 6 feet tall, dark hair, thick eyeglasses, perpetually dressed in jeans and a sweatshirt, with a garbled voice most people couldn't understand.

He knew a lot about the things he liked: engines, natural disasters, trains, how record players worked. He learned to read at a grade-school level, cook his favorite food (hamburgers) and take buses to his job refurbishing tables and chairs.

Growing up, I also felt incredibly alone, as if I was the only little sister in the world with an odd older brother who couldn't write, drive or be left alone to babysit.

Young siblings of children who need a myriad of medical, social and therapy support often feel jealous and resentful about being the "not so special child."

And teens with special-needs siblings may feel they're being called upon to be mature beyond their years, says Rachel Simon, a best-selling author who grew up in a family of four, which includes Beth, who has developmental disabilities. Simon's 1999 book, *Riding the Bus with My Sister*, details the year she spent discovering the many friendships her sister formed while riding city buses in a Pennsylvania city. She said her sense of responsibility for Beth intensified in her 20s when her friends were free to "goof off." She remembers thinking, "How can they be so carefree and foolish?"

Experts say children growing up with a sibling with special needs often reflect the way their parents cope. If the parent is handling things well, the kids will, also. But, Simon says, people often forget that adults have the advantage of perspective. Young brothers and sisters, on the other hand, have not experienced a "before" and "after." They only know the "now." And that now can seem unfair, uncompromising and downright difficult.

continued on page 22

DENYS RUJAVEY / ISTOCK



The Bush School

EXPERIENCE EDUCATION

3400 East Harrison Street

Seattle, Washington 98112

PHONE (206) 326-7736

admissions@bush.edu

www.bush.edu

OPEN HOUSE

GRADES 6-8: NOV 4

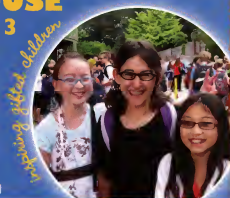
GRADES 9-12: NOV 6

GRADES K-5: NOV 18

OPEN HOUSE

NOV 14, 2013
5:30-7:30 PM

SEATTLE COUNTRY DAY SCHOOL
206.691.2625
seattlecountryday.org



Lake Washington Girls MIDDLE SCHOOL



We are STRONG in MIND, BODY, and VOICE.


Open Houses: October 29 and November 13, 7p



LWGM'S pioneers STEAM program for girls!
Learn more at lwgms.org/steam.

810 18th Avenue, Seattle, WA | lwgms.org | [facebook.com/lwgms](https://www.facebook.com/lwgms)

Have a Happy Birth Day



While having a baby may be new to you, it's something we've been doing (and loving) every single day for more than a century.

At Swedish you can have your baby your way and that includes "in your neighborhood" — Ballard, Edmonds, Seattle and Issaquah — all offering expert care from our seasoned staff. You'll also be comforted to know that if something unexpected happens, our Level III neonatal intensive care unit is nearby.

Swedish is here for you throughout your pregnancy and beyond with classes, tours and support groups for moms and dads (and brothers, sisters and grandparents too) expecting a new baby. And The Lytle Center for Pregnancy & Newborns is now open at Swedish/First Hill, giving you one more resource to help guide you through this journey. Learn more at swedish.org/TLC.

To find an OB/GYN, family medicine physician or certified nurse-midwife who delivers at Swedish, call 206-386-BABY or visit swedish.org.



SWEDISH

feature

Special kids

continued from page 21

More help today

These days, families such as the one I grew up in can draw on more support and resources, especially in Washington state. In fact, this region has been a leader in creating innovative programs replicated across the country and globe. Three of these — Parent to Parent, Sibshops and Washington State Fathers Network — have helped tens thousands of families for more than three decades.

According to the 2010 U.S. Census, about one in five Americans has a disability. Among 53.9 million schoolchildren ages 5 to 17, 2.8 million (5.2 percent) have a disability requiring an individualized education plan (IEP), a federally mandated program that is followed after a child is assessed for skills and ability. The number of schoolchildren with special needs in Washington state is comparable to the national rate.

The term "special needs" has evolved to include individuals with intellectual disabilities, people with physical limitations and those with disorders or syndromes that affect their ability to move, communicate, learn, care for themselves or live independently. Included under the special-needs label are cerebral palsy, attention deficit hyperactivity disorder (ADHD), hearing and visual loss, seizures, stuttering or stammering, learning disorders, developmental delays and autism.

The number of children diagnosed with learning disabilities increased 17 percent from 1997 to 2008, the Centers for Disease Control and Prevention reports, while the rate of ADHD among kids increased by one-third, with boys twice as likely to be affected as girls.

What else has changed? Today, more people understand that when a child is diagnosed with a lifelong disability or disorder, everyone in the family is affected.

"Parents get overwhelmed with the whole diagnosis," says Susan Atkins, director of Parent to Parent, a statewide program run by Arc of Washington, a nonprofit advocacy organization for individuals with developmental disabilities.

"They often feel isolated and very stressed. They grieve for the child they thought they were going to have. And then they have to come to acceptance."

Parent to Parent works like a mentorship, linking parents trained in special-needs issues with parents requesting assistance. It runs 18 chapters across the state and 12 different online chat groups, including one for grandparents.

Feeling the pressure

Tracey Gerhardt remembers anxiously peering at youngest daughter Rachel soon after she was born, wondering if she'd end up like her sister or become her sister's keeper. Her older daughter, Anna, age 3 at the time, has autism.

"As soon as Rachel was born, I was looking for signs of autism," says Gerhardt, who lives in Kirkland. As part of an experimental University of Washington (UW) study that's trying to detect early signs of autism, Rachel was assessed beginning at 6 weeks old.

Gerhardt admits she started planning her youngest daughter's life around her oldest daughter's needs without knowing how Rachel would ultimately turn out. (Today, Rachael is a "typically developing" 10-year-old who once stated, at age 2, that she couldn't wait to get older so she could "play" with Anna's therapists.)

"I was thinking, 'Oh, she'll be able to take care of her sister.' Then I realized, this kid isn't even 3 months old and I'm already putting all this pressure on her."

Atkins says it took her three years to accept the fact that her daughter, Alexa, had Down syndrome and wasn't going to meet the usual childhood milestones.

These days, she's in awe of what Alexa has accomplished. Now 30 years old, Alexa, who attended the Venture program at Bellevue Community College, works at Starbucks and Applebee's and lives in an apartment. "She pushed us all the way through this journey," Atkins says.

Amy Kocher of Kittitas County said she and her husband were "terrified" when their 2-month-old son, Kipp, was diagnosed with Chromosome Ring 18, a rare genetic condition. Kocher said all she could think about were the unknowns the disorder delivers: mental retardation, heart anomalies, kidney failure, blindness, deafness, low muscle tone, microcephaly and failure to thrive.

"I felt as though I was alone on a deserted island," Kocher recalls. "Not one friend or relative could even come close to imagining the fear of the unknown that I felt. No words could comfort me. I was so terrified that my little beautiful baby would never know love."

After making the initial phone call to Parent to Parent, Kocher met many families and learned from all of them. "Without these people, I may have fallen into a pit of helplessness," she writes on the Parent to Parent website.

Sib sessions

Roseann Popa of Sammamish is mother to Andrea, 15, and Michael, 11, who was diagnosed with autism at age 3. Every year, Roseann and Andrea go away on a weekend together, just mom and daughter. It doesn't have to be far (Bellingham this year) to be a special time for just the two of them.

Andrea also attends Sibshops, a Seattle Children's program designed to help children and teens shed pent-up frustrations and feelings about living with a special-needs brother or sister. The three-hour-long sessions (some groups meet a few times a year, some bi-monthly) allow kids to interact and discover they're not alone. "Sibshops help Andrea deal with a 'flavor of grief' with feeling bad about the way things are," Popa says. "You're always trying to balance the needs of your kids."

Erika Glas, 15, says the sib sessions help her understand and interact with her 12-year-old brother, Paul, who was born with Down syndrome. She's been attending Sibshops since she was 6 years old.

continued on page 24

KLA SCHOOL OF BELLEVUE REGISTERING NOW FOR FALL



About our School

- * SERVING CHILDREN 3 MONTHS TO 5 YEARS OF AGE
- * BEFORE AND AFTER SCHOOL CARE
- * CHILD CENTERED CURRICULUM
- * SMALL LIMITED CLASS SIZE
- * STATE OF THE ART FACILITIES
- * LANGUAGE STUDIES
- * ATELIER

CALL TO SCHEDULE A TOUR TODAY!!

Tel. 425 747 4861
14508 NE 20th Street, Suite 100,
Bellevue, WA 98007

KLA is a dynamic, developmentally appropriate program that sees each child as a competent, powerful, curious and creative individual. Our educational philosophy is inspired by the Reggio Emilia approach.



KLA SCHOOLS®
for early childhood education

www.klaschoolsbelleuve.com

DiscoveryBay

Learning Academy Preschool
at PRO Sports Club

LEARN

PRESCHOOL

Now Enrolling Ages 3-5
Open to everyone

FEATURING


- TeachSmart Whiteboard Learning
- CATCH Child Health Curriculum
- Standards Driven Curriculum
- Qualified Instructors
- Small Class Size

Learn more at proclub.com | (425) 861-6247
4455 148th Ave NE, Bellevue, WA

I Can Count

I can count. Want to see?
Four and five this hand is.





Academy SCHOOLS

14601 Interurban Ave S
Tukwila

Centrally Located
I-5/405
Interchange at
Southcenter

Great Minds Under Construction

- * PreK - Grade 12
- * Max 10 Students per Grade
- * Inspiring Teachers
- * Challenging Curriculum
- * Robotics, Chess, Field Trips & Outdoor Environmental Learning Center
- * Creative After School Clubs & Child Care
- * Adventurous & Academic Summer Academy

206-588-0860 www.academy-schools.org



LEARNING FOR YOU & YOUR CHILD

- Degrees & Certificates
- Co-op Preschools
- Parent-Child Center

Shoreline COMMUNITY COLLEGE

www.shoreline.edu/parentchildcenter



CHILD
CHILDREN'S INSTITUTE
for Learning Differences
Therapeutic Day School & Clinic

A specialty day school for children with emotional, social and behavioral challenges.

Individualized Instruction • Mental Health Services
Speech and Language • Occupational Therapy • Grades K-12

Your child can succeed. We can help.

Accredited • Year-round enrollment

www.CHILDnow.org | (206) 232-8680

NOW ENROLLING



chrysalis school

425.481.2228
chrysalis-school.com

- Flexible schedule
- Personalized curriculum
- Independent learning

Special kids

continued from page 23

"When I was younger, I'd yell, 'I don't want to go.' Then in the afternoon, I'd say, 'I don't want to leave.'"

Without Sibshops, Glas, who lives in Seattle's Ravenna neighborhood and attends Roosevelt High School, says, she would never have met Andrea Popa, now her best friend. Popa lives in Sammamish, attending 10th grade at Skyline High School.

"She gets it," says Erika of Andrea. "I don't have any friends at school who have a sibling with a disability."

Don Meyer is director of the Sibling Support Project of the Kindering Center, a Bellevue-based early intervention center for disabled, medically fragile and vulnerable children. Meyer created Sibshops as a UW graduate student 35 years ago to fill a hole in social services for children with developmental disabilities. He's spread the program to 425 locations in 10 countries by teaching others how to successfully engage children to talk about their brothers and sisters.

In an effort to get dads involved, Greg Schell created the Washington State Fathers Network, also housed at Kindering. It has grown to become one of the nation's largest organizations devoted to fathers of children with special needs.

It can take some enticement to get dads talking, so chapters offer Poker Night, campouts and other activities to help the fathers ease into the subject.

"Dads don't want to go to meetings, dads don't want to open up, and dads don't want to share their feelings," says James Loaris, co-leader of the Snohomish Fathers Network, one of 16 statewide chapters.

These programs work. According to a 2005 UW survey, more than 90 percent of Sibshop graduates, ages 18-34, report the program has had a positive effect on the feelings they have for their siblings. In a separate UW/Bothell study of 146 Fathers Network participants, 97 percent said their involvement decreased their anxiety, 67 percent said "feelings of joy" had in-

creased, and 69 percent reported more enthusiasm for their child.

Loaris and his wife, Amanda, are raising four children in Marysville. Two of the children have profound developmental disabilities. He describes his life as "100 percent different" from any family he knows with "typically developing" children. He and his wife, who both work, split caretaking duties, which means they seldom do anything together as a whole family. His oldest son plays soccer, but both parents can't be at a game at the same time.

"I don't remember the last time the whole family did something together," he says. "We don't even eat together, because each child is on a different diet."

He and his wife average four hours of sleep a night. Still, he's not too tired to plan and attend Fathers Network gatherings — they give him a much-needed boost.

"Sometimes, we just need help getting through another day," Loaris admits. "Other times, we may have a new insight to share. Just to be able to talk to other fathers with similar needs and problems helps. The guys just get it." ■

Patricia Guthrie is a freelance writer living in Shoreline.

Resources

Parent to Parent
Connects parents of children with special needs
State coordinator: Susan Atkins
800-821-5927

Sibshops
Helps brothers and sisters of siblings with special needs
Sibling Support Project
A Kindering Center Program
Director: Don Meyer
206-297-6368

Washington State Fathers Network
For dads of kids with special needs
A Kindering Center Program
Director: Greg Schell
425-653-4286

Montessori Garden

A unique learning environment rooted in the Montessori method with a special emphasis on the creative arts is now accepting applications for the upcoming academic year.



Visit the website to inquire about Open House dates.

RSVP today 206.524.8307

info@montessorigarden.net
montessorigarden.net

ACCEPTANCE OPPORTUNITY ACHIEVEMENT

New Horizon School

"Where children come first"



New Grades 4 & 5 Program
Enrolling all Grades for Fall

1711 S. Carr Rd. • Renton 98055-5839
425-226-3717 • 1-888-571-6979
www.new-horizon-school.org

BELLEVUE CHILDREN'S ACADEMY



Every child
is gifted.
All our
students
shine!

(425) 649-0791/www.bcacademy.com
14600, 14640 NE 24th St, Bellevue, WA 98007

Now
Enrolling!



AGES 2.5 - 5 YEARS

Convenient Bellevue Location
An Eco-Friendly Place to Learn
Half-day Preschool Program
Now Monday - Friday

(425) 603-9677

templebnaitorah.org/SECC_Overview

Discover family fitness and fun at SAMENA!



- Swim Lessons
- Before & After School Program
- Preschool
- Fitness Classes
- Family Events

Memberships available!

www.samena.com

(425) 746-1160

15231 Lake Hills Blvd, Bellevue 98007



SnoSprings School PRE-K thru 2nd Grade

- Accelerated Academic Program
- Experienced, Compassionate Teachers
- Individualized Instruction
- After School Enrichment Program
- Art, Music, STEM, & Fitness Clubs
- Now celebrating our 16th year

* Foundation Education *

Issaquah/Sammamish Plateau
425 392-1196 www.snosprings.com
Snoqualmie Springs School





The Sammamish Montessori School
In Redmond

Call 425-883-3271 for a tour.

- Child-centered, joyful atmosphere with strong academic focus
- Experienced, Montessori-certified teachers
- Preschool, kindergarten and elementary
- Located at the end of SR 520 in Redmond
- Family owned and operated (established 1977)
- Summer, before & after school programs

www.sammamishmontessori.com 425-883-3271



Preschool ~ Pre-Kindergarten

Nurturing Knowledge
SCHOOL

Your child's potential...our passion!

OPEN HOUSE

October 24, 2013
November 14, 2013
January 9 & 23, 2014
February 6 & 20, 2014
March 6, 2014

To make an open house reservation, please visit
www.nurturingknowledge.com/openhouses.htm

CAMPUS LOCATIONS

- WOODLAND PARK
- PHINNEY
- BRYANT
- GREENWOOD
- MAPLE LEAF

Reggio Emilia
Inspired Program

www.nurturingknowledge.com

Montessori



Celebrating 26 years

Established in 1987

5003 218th Ave NE Redmond
425-868-7805
www.mchkids.com

- AMS Accredited Montessori School
- Infants through Elementary
- Open Year Round 7:30 AM-6:00 PM
- Near Redmond & Sammamish

Located in a 5-Acre Country Setting

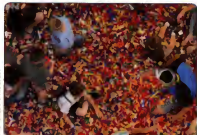
October
PICKS

PHOTO: LEGO ARTISTE

October LEGO Fun

It's Christmas in October for brick fans. Marvel at LEGO creations from around the world at **BrickCan's two-day exhibition** (Seattle Center, Oct. 5-6, \$9; ages 4 and under free, brickcan.org). Then road trip to Portland to join the huge LEGO party that is **LEGO Kidsfest**, with building stations, the Big Brick Pie and tons more family activities (Oregon Convention Center, Oct. 11-13, \$18-\$20; ages 2 and under free, legokidsfest.com/Portland).



The Secret Life of Boys

At this ParentMap lecture, bestselling author and educator **Rasaland Wiseman** shares insights on what makes adolescence boys tick and how best to guide them toward adulthood. **Tuesday, Oct. 8, 7 p.m.** \$20-\$25. Ages 18 and up. Town Hall, Seattle. townhallseattle.org



Harvest & Halloween Happen. Keep your little pumpkins scary busy with all the pumpkin patches, fall festivals, corn mazes, haunted houses, pumpkin langstangs (!), wagon rides and Halloween activities, treats and crafts listed on our site. parentmap.com/holiday

SUNDAY

YOU
BELONG
HERE

Remlinger Farms Fall Pumpkin Harvest Festival. Remlinger delivers with rides, a little train, live music, a corn maze, ponies and more. Weekends 10 a.m.-6 p.m. through Oct. 27. \$15-17; pumpkins extra. Remlinger Farms, Camanion. remlingerfarms.com
Annie. Share your love of our plucky orphan heroine with the next generation of fans. Show by Light Live Opera. Saturday-Sunday, Oct. 5-20. \$20-\$24. All ages. Kirkland Performance Center, Kirkland. kpc.org
Cirque Musica. Thrilling circus stunts accompanied live by the Tacoma Symphony Orchestra. 7:30 p.m. \$27 and up. All ages. Tacoma Dome, Tacoma. tacomadome.org

Growing Up Wild: It's a Haat. This movie enlightens kids about their wild peers. 2-2:30 p.m. **FREE.** donations accepted. Ages 3 and up. Lewis Creek Park Visitor Center, Bellevue. bellevuewa.gov
Aesop's Fables. Thistle Theater uses its signature burlesque style of puppetry to tell three of Aesop's stories with hand-crafted puppets. Saturday-Sunday, Oct. 12-27. \$8-\$10. All ages. Bellevue Youth Theatre, Mayanus Park Theatre and Sunset Hill Community Club, Seattle. thistletheatre.org

Zoo Boo. Frightfully fun Halloween happenings, with creepy crafts, a scavenger hunt, special animal appearances, treat stations and more. Come in costume. Saturday-Sunday, Oct. 19-20. Included with admission. Point Defiance Zoo & Aquarium, Tacoma. pdza.org

Goblin Gulp. It's a moving costume party with a \$4 for families, a Kids Dash and Toddler Trot and a Caspar Babyspin show. 9 a.m. \$35-\$40; ages 12 and under free with registered adult. Marymoor Park, Redmond. goblingulp.org

Pumpkin Bash and Trick-or-Treating. Watching a hippo munch a pumpkin is special Halloween treat year after year. Wear your costumes for trick-or-treating fun. Saturday-Sunday, Oct. 26-27. Included with admission. Woodland Park Zoo, Seattle. zoo.org

Tembourine Submarine at ZinZanni. A new desert-dream-themed family show starring Retes Monkey and the circus stars of tomorrow. Saturday-Sunday, Oct. 19-Dec. 15. \$19-\$25. Seattle. dreams.zinznani.org/kidshow

MONDAY



Shoreline Indoor Playground. It's not park weather, let the kiddos loose at Shoreline's huge gym with plenty of play equipment to go around. Mondays-Fridays 9:30-11:30 a.m. \$2. Ages 1-5. Sportan Recreation Center, Shoreline. cityofshoreline.com

Cantonese Story Time. Drop in for books, songs and games in Cantonese. Mondays 10:15 a.m. **FREE.** All ages. King County Library System, Lake Hills Branch. bellevue.kcls.org **ONGOING EVENT**

RACE: Are We So Different? This exhibit explores the experience, history and science of race while aiming to spark examination of belief about race. Wednesday-Monday through Jan. 5. Included with admission (\$10-\$16; ages 2 and under free). Pacific Science Center, Seattle. pacificsciencecenter.org

Paws to Read. Elementary students practice reading aloud to geriatric patient therapy dogs. Mondays 3-5 p.m. **FREE.** Ages 5-12. Everett Public Library, Evergreen Branch. epl.org **ONGOING EVENT.**

Bob's Corn Maze and Pumpkin Patch. Bob doesn't mess around, plowing a challenging maze into a huge 10-acre corn field, plus kiddie mazes and pumpkin patch. Daily Sept. 28-Oct. 31. Free entry, maze \$6-\$8; ages 4 and under free, pumpkins extra. Bob's Corn and Pumpkin Farm, Snohomish. bobscorn.com
LIV Diggers Playtime. Behold the soundtrack of children's dreams - in Georgetown and available for play no matter the weather. Monday, Wednesday, Thursday, 9:30-11 a.m. or 11:30 a.m.-1 p.m. \$6. Ages 5 and under. Sandbox Sports, Seattle. sandboxsports.com **ONGOING EVENT**

Esmerelda the Tap Dancing Spider. Theater company Live Paint presents the interactive story of a happy-go-lucky spider who needs the audience's dream - in Georgetown and available for play no matter the weather. Monday, Wednesday, Thursday, 9:30-11 a.m. or 11:30 a.m.-1 p.m. \$6. Ages 5 and under. Sandbox Sports, Seattle. sandboxsports.com **ONGOING EVENT**

TUESDAY

Toddler Time at Elevated Sports. Bounce time just for the youngest set. Mondays-Fridays 10 a.m.-12:30 p.m. \$8. Ages 1-5. Elevated Sports Indoor Trampoline Park, Bothell. elevatedsports.com **ONGOING EVENT**
Bilingual Story Time. Preschoolers and their families are invited to take part in art, songs, stories and more in English and Spanish. Tuesdays 6-6:30 p.m. **FREE.** Ages 3-6 with families. Pierce County Library, Lakewood Branch. piercecountylibrary.org **ONGOING EVENT**

Rasaland Wiseman: The Secret Life of Boys. Wiseman shares insights on Tween/teen boys and how best to guide them toward adulthood. 7 p.m. \$20-\$25. Ages 18 and up. Town Hall, Seattle. townhallseattle.org
MiniMOHAI. Six stations featuring reading fun, sensory activities and more. Second and fourth Tuesdays, 9 a.m.-noon. Included with admission. Ages 3-5. Museum of History and Industry, Seattle. mohai.org **ONGOING EVENT**

LEGO and Building Madness. Gather friends and use the library's bricks, straws, connectors and more to construct your masterpieces. 3:30 p.m. **FREE.** All ages. Pierce County Library System, DuPont Branch. piercecountylibrary.org
Emerson String Quartet. The UW World Series welcomes this celebrated string quartet, and offers two free twin tickets with each purchased adult ticket. 7:30 p.m. \$38 and up. Ages 5 and up. Meany Hall, Seattle. uworldseries.org

In Search of Amelia Earhart 2013. The Museum of Flight reviews its exhibit concerning this storied aviator and celebrates the installation of a Lockheed Model 10E Electra like the one flown by Earhart. Daily 10 a.m.-5 p.m. beginning Oct. 12. Included with admission. The Museum of Flight, Seattle. museumofflight.org

Patted Potter: An Unauthorized Harry Character. In 70 minutes, actors Daniel Clarkson and Jefferson Turner relay through highlights of seven Harry Potter novels at wizard speed, including a real-life quidditch game, favorite characters, catchy songs and costumes. Oct. 29-Nov. 3. \$38-\$59. Ages 6 and up. Broadway Center for the Performing Arts at Rialto Theater, Tacoma. broadwaycenter.org

Good Growing

A Seattle Children's Publication | Fall 2013

Immunizations Are Important for Everyone

Immunizations are the safest and most effective way to keep from getting potentially serious diseases.

Today in the U.S., vaccines are recommended to prevent 14 different diseases that commonly infected babies, children and adults just two generations ago. In the past 50 years, vaccines have helped to almost wipe out polio, diphtheria, rubella and measles in the U.S.

The best way to protect your kids and your community is to be certain that your child's immunizations are up to date. This is especially important for children from birth to age 2.

Vaccines supplement our natural immune systems by helping our bodies recognize and fight off infection by viruses and bacteria that cause disease. Modern sanitation, safe drinking water, nutritious foods and good hygiene also help keep away disease. However,



without the help of vaccines, even healthy people living in clean places and eating balanced diets can still catch potentially deadly diseases.

Vaccines not only protect the people who receive them, they also help protect people in the same community who do not have immunity. When most people have immunity

to a vaccine-preventable disease, this helps slow its spread. This 'community immunity' helps protect those who have weakened immune systems or who are not fully immunized. For highly contagious diseases such as measles, at least nine out of 10 of us must have immunity to keep the disease from spreading.

Serious side effects from recommended childhood vaccines are very rare. National vaccine databases are constantly monitored to detect and analyze potential adverse reactions. Today, a person's risk of having a health problem from an immunization is much less than the risks that come with getting the disease the vaccine can prevent.

There is a lot of information about childhood immunizations. Some of it is misleading, and some is simply false. Although some news media report a 'controversy' about vaccines, there is no controversy within the medical community.

Dr. Ed Marcuse, a pediatrician at Seattle Children's for more than 40 years, says, "Today's vaccines can eliminate the threats to children's survival that terrified my parents and grandparents, and that filled our hospital beds just 25 years ago. Timely immunizations protect children against 14 diseases. Make no mistake — these diseases still exist. Some are within our community, and others are only a plane ride away."

TO LEARN MORE:

Visit www.seattlechildrens.org/goodgrowing or talk with your child's doctor.



36th Annual Festival of Trees

Sunday, Nov. 24, 2 to 5 p.m.
The Fairmont Olympic Hotel
411 University Street, Seattle

Mark the beginning of the holiday season by viewing a display of 21 designer Christmas trees. Each tree is dedicated to a courageous Seattle Children's Hospital patient and is

available for pre-purchase or bid. Guests enjoy cookies, cocoa, live musical entertainment, a holiday boutique and pictures with Santa.

TO LEARN MORE

For more information and to view and bid on the trees, please visit www.seattlefestivaloftrees.com.



Seattle Children's
HOSPITAL • RESEARCH • FOUNDATION



Prevent Kitchen Fires

More fires start in the kitchen than in any other part of the home. Kitchen fires usually happen when someone is not paying attention. An adult should always stay in the kitchen when cooking on the stovetop, or when grilling or broiling. Keep children, pets and things that can burn (such as dish towels, paper and curtains) at least three feet from the stove. Keep a fire extinguisher handy, under the sink or in a drawer. Your home should have at least one working

smoke alarm on each floor. Test alarms often, and change the batteries at least once a year. Make a fire-escape plan for your family, and be sure to practice it.

TO LEARN MORE:

Visit www.seattlechildrens.org/safety-wellness/safety-injury-prevention.

Make a Healthy Difference in Your Child's School

You can help ensure that your child's health is a top priority at their daycare or school. Choose a daycare whose caregivers are healthy and active. Be sure they offer healthy foods and drinks, lots of time outside every day, and little or no TV and other screen time. For school-age kids, you are probably familiar with your child's teachers, classes, homework and tests. But do you know what's served in the cafeteria and vending machines? Many schools are cutting costs while adding more instruction time in order to meet new learning standards. This means some schools are cutting back on recess and P.E. classes. Is yours one

of them? Get informed. Take part in discussion forums, advisory panels and parent groups. Get to know your school principal, nurse, and special-programs manager. Good things happen when solution-oriented parents get involved. For example, many schools have a wellness committee or offer after-school fitness programs and healthy-eating clubs, run with help from parent volunteers. When you become a positive advocate for kids, everyone benefits!

TO LEARN MORE:

Visit www.seattlechildrens.org/goodgrowing.



Tips for Toy Safety

The holiday season is near, and that means toy shopping. There are a lot of choices out there, and it can be hard to know what a child might like and what will be safe. Most toys have an age-grade on the package to help you. Age-grades are guidelines that reflect the toy's safety based on the physical skills a child needs to play with the toy, how well a child can understand how to properly use the toy, and any choking or safety risks. These guidelines, along with your own judgment, are helpful when choosing the right toy.

Some common toy dangers include sharp edges and points, small parts that are a choking hazard, loud noises that can damage hearing, and cords or strings that can strangle. Toys with magnets and button batteries are not safe for babies and toddlers. If a child swallows two or more magnets, they can stick together inside the body and cause injury or



death, so remind older kids never to put magnets in their mouth or nose. Button batteries cause serious internal damage if swallowed, so don't give little kids electronic greeting cards or toys with button batteries that might come out. For older kids, if you're buying an electric toy, be sure it has the 'UL Approved' (Underwriters Laboratories) label.

Remember that just about any toy can be dangerous if misused. Supervision is always key.

If someone gives your child a toy that is too advanced, store it away until they are old enough to safely enjoy it. If you have toys that are broken or dangerous, discard them.

TO LEARN MORE:

Visit www.seattlechildrens.org/safety-wellness/toy-safety-holidays.

Kid Bits



Tips for Recognizing ADHD

Ever see a kid who can't seem to listen or pay attention as much as their peers, and wonder if they have attention deficit hyperactivity disorder, or ADHD? About 11% of school-age children in the U.S. have been diagnosed with ADHD (most of them boys). It's not a slam-dunk diagnosis. The classic symptoms of ADHD — trouble focusing or staying on task, daydreaming, forgetfulness, blurting — are common in children with ADHD or with other health issues. Consider having a healthcare provider evaluate your child if their behavior interferes with their school or social success. ADHD can be reliably diagnosed and treatment can make a big difference.

TO LEARN MORE:

Visit www.seattlechildrens.org/News/2013/ADHD-and-your-child.



Create and Share a Care Plan

A care plan is a way to share your child's health information with other caregivers. It's a smart idea, especially for kids with special health needs. Your plan might include the medicines your child takes and when, which foods and/or activities to avoid, and what to do in case of an emergency. Your child's doctor can help you create your plan. Think about sharing it with doctors, nurses, therapists, teachers, school nurses, childcare providers, grandparents, friends and neighbors. Consider keeping copies in your purse or wallet, at home, in your car, at work and at your child's school.

TO LEARN MORE:

See how families use care plans, view samples and find forms to create your own at www.cshcn.org/planning-record-keeping/care-plans-parents.



Urinary Tract Infections

It's common for children to get a urinary tract infection, or UTI. Kids with UTIs must see a doctor and be treated with medicine. Parents need to know the symptoms, and how to prevent UTIs. Some common signs include the urge to pee very often, peeing one's pants, pain when peeing, a fever, pain in the lower stomach, and urine that smells bad. UTIs are often caused when kids ignore the urge to pee and hold in their urine too long, or when they don't fully empty their bladder. Kids may even develop UTIs because they don't like to use the bathroom at school, or they don't want to stop playing. They may need to be retrained to go pee more often, and not let their bladders get too full.

TO LEARN MORE:

Visit www.seattlechildrens.org/pdf/PEI79.pdf.

Quick Tip

Did you know that your child does not have to lose consciousness or be "knocked out" to have a concussion? Know the signs and symptoms of concussion: www.seattlechildrens.org/videos/ask-komo-concussions.

Regional Clinics

Find us near you at one of our clinics in Bellevue, Everett, Federal Way, Mill Creek, Olympia, Tri-Cities, Wenatchee and at Odessa Brown Children's Clinic.

Main Hospital Numbers

206-987-2000
206-987-2280 (TTY)
866-987-2000 (Toll-free)

Online Resources

Visit www.seattlechildrens.org for the following:

- Child Health Advice
- my Good Growing e-mail newsletter
- Doctor Finder
- Seattle Mama Doc, Teenology 101 and Autism blogs
- Medical condition information
- Safety & wellness information
- Ways to help Seattle Children's
- Research Institute



www.facebook.com/seattlechildrens



www.twitter.com/seattlechildrens



www.youtube.com/seattlechildrens

Produced four times a year by the Marketing Communications Department of Seattle Children's. You can find *Good Growing* in the January, April, July and October issues of *ParentMap* and on our Web site www.seattlechildrens.org. For permission to reprint articles for noncommercial purposes or to receive *Good Growing* in an alternate format, call 206-987-5323. The inclusion of any resource or Web site does not imply endorsement. Your child's needs are unique. Before you act or rely upon information, please talk with your child's healthcare provider. © 2013 Seattle Children's, Seattle, Washington.



Seattle Children's
HOSPITAL • RESEARCH • FOUNDATION

SPONSORED CONTENT

Classes and Events

To register or view more information, please visit www.seattlechildrens.org/classes. A phone number is provided for those without Internet access. No one will be denied admission if unable to pay the full amount. If you need an interpreter, please let staff know when you register, and one will be provided. These classes are popular and often fill up several months in advance, so register early.

Parenting Classes

Autism 101

WHEN: Thursday, Oct. 24, 7 to 8:30 p.m.

FEE: Free

WHERE: Seattle Children's main campus,

4800 Sand Point Way NE, Seattle

CALL: 206-987-8080

For parents and caregivers of children recently diagnosed with autism spectrum disorder who wish to better understand this disorder. The class is also available through Children's video and teleconferencing outreach program.

Autism 200 Series

FEE: Free

WHERE: Seattle Children's main campus,

4800 Sand Point Way NE, Seattle

CALL: 206-987-8080

For parents and caregivers of children with autism who wish to better understand this disorder. These classes are also available through Children's video and teleconferencing outreach program.

210: Highway to Hell or Stairway to Heaven? — Parenting a Child with Autism

WHEN: Thursday, Oct. 17, 7 to 8:30 p.m.

211: Panel Discussion — Developing and Advocating for Services in Local Communities

WHEN: Thursday, Nov. 21, 7 to 8:30 p.m.

Dads of Daughters

WHEN: Monday, Oct. 14, 7 p.m.

FEE: \$25 per person

WHERE: Seattle Children's main campus

4800 Sand Point Way NE, Seattle

For dads of preteen or teen daughters. Explore strategies to promote understanding and maintain healthy communication.

Infant and Child CPR Basics

WHEN: Thursday, Nov. 7, 6 to 9 p.m.

FEE: \$35

WHERE: Seattle Children's admin. building,

6901 Sand Point Way NE, Seattle

CALL: 206-789-2306

For childcare providers and parents. Topics include basic CPR and choking rescue skills for infants and children up to age 8. This is not an AHA certification class.

Infant Car Seat Class for Parents

WHEN: Saturday, Nov. 9, 10 a.m. to noon

FEE: \$45 for two family members

WHERE: Seattle Children's main campus

4800 Sand Point Way NE, Seattle

CALL: 206-987-5999

This class is taught by a certified child passenger safety expert and is designed for new or expecting parents.

Mothers of Sons

WHEN: Monday, Oct. 7, 7 p.m.

FEE: \$25 per person

WHERE: Seattle Children's main campus

4800 Sand Point Way NE, Seattle

For mothers of preteen or teen sons. Learn strategies for building communication with your son.

Triple P: Positive

Parenting Program

WHEN: Sundays, Oct. 20, 27 &

Nov. 10, 13 to 3 p.m.

FEE: \$60 for up to two adults for the series or

\$25 per class

WHERE: Seattle Children's main campus,

4800 Sand Point Way NE, Seattle

CALL: 206-957-4826

WHEN: Thursdays, Nov. 7, 14 & 21, 6:30 to 8 p.m.

FEE: \$60 for up to two adults for the series or

\$25 per class

WHERE: Odessa Brown Children's Clinic,

2101 E Yessler Way, Seattle

CALL: 206-957-4826

Childhaven is partnering with Seattle Children's and Odessa Brown Children's Clinic to offer a three-part series of parenting classes designed to help you manage your child's challenging behaviors.

These new skills can help you enjoy a more positive relationship with your child.

Preteen and Teen Classes

Better Babysitters

WHEN: Saturday, Oct. 19,

9 a.m. to 2 p.m.

WHERE: Seattle Children's admin. building,

6901 Sand Point Way NE, Seattle

WHEN: Sunday, Dec. 8, 9 a.m. to 2 p.m.

WHERE: Overlake Medical Center,

1035 116th Ave NE, Bellevue

WHEN: Saturday, Nov. 2, 9 a.m. to 2 p.m.

WHERE: Pavilion for Women and Children,

900 Pacific Ave, Everett

View more dates online

FEE: \$40 per person

CALL: 206-987-9879 for all locations.

For youths ages 11 to 14. Topics for responsible babysitting include basic child development, infant care and safety, handling emergencies, age-appropriate toys and parent expectations.

For youths ages 11 to 15. Topics include safety, risk factors, healthy-heart living, infant/child CPR and treatment for choking. Students receive 2-year American Heart Association CPR certification.

CPR for Babysitters

WHEN: Saturday, Dec. 7, 9:30 a.m. to 1 p.m.

FEE: \$50

WHERE: Seattle Children's admin. building,

6901 Sand Point Way NE, Seattle

CALL: 206-789-2306

For youths ages 11 to 15. Topics include safety, risk factors, healthy-heart living, infant/child CPR and treatment for choking. Students receive 2-year American Heart Association CPR certification.

For Boys Only

WHEN: Wednesdays, Nov. 6 & 13, 6:30 to 8:30 p.m.

(view more dates online)

FEE: \$70 per parent/son pair; \$20 per extra child

WHERE: Seattle Children's main campus

4800 Sand Point Way NE, Seattle

CALL: 206-789-2306

Two-part series for parents, guardians and sons ages 10 to 12. Focuses on what each can expect as boys begin adolescence. Class covers body changes during puberty, popular myths about growing up, behavior and attitude changes, girls and how to communicate about the experience of adolescence.

For Girls Only

WHEN: Mondays, Dec. 2 & 9, 6:30 to 8:30 p.m.

(view more dates online)

FEE: \$70 per parent/daughter pair;

\$20 per extra child

WHERE: Seattle Children's main campus,

4800 Sand Point Way NE, Seattle

CALL: 206-789-2306

Two-part series for parents, guardians and daughters ages 10 to 12. Focuses on the physical changes of puberty and menstruation, what girls need to know about boys, social issues and sexuality.

Events

Free Car Seat Check

WHEN: Saturday, Oct. 19, 10 a.m. to 1 p.m.

WHERE: Seattle Children's main campus,

4800 Sand Point Way NE, Seattle

CALL: 206-987-5999

Come learn how to safely secure your child in the car. Child passenger safety experts will check your child in a car seat, booster seat or the seat belt and answer any questions you may have. First come, first served. No appointments needed.

Free Ski Helmet Fitting and Giveaway

WHEN: Saturday, Nov. 16, 10:30 to 12:30 p.m.

WHERE: Seattle Children's admin. building,

6901 Sand Point Way NE, Seattle

CALL: 206-987-5265

Come get your child properly fit for a new ski helmet. Kids must be 4 to 18 and present to receive a helmet. First come, first served. No appointments needed. Learn more at www.MakeSureTheHelmetFits.org.



Seattle Children's
HOSPITAL • RESEARCH • FOUNDATION

WEDNESDAY

2

Tales & Trails. Kids take part in indoor and outdoor fun, starting with story time and nature-based activities, followed by exploration of the trails at Seward Park. Select Wednesdays and Saturdays 10-11 a.m. \$2. Ages 1-5 with families. Seward Park, Seattle. sewardpark.audubon.org

ONGOING EVENT

Raising Ms. President – Documentary Film Screening. This film explores the role of political ambition in youth and how as a society we can encourage more women to seek public office. 7 p.m. \$10. Ages 8 and up. SIFF Cinema Uptown, Seattle. wallance.org

9

Carolina Brothers Pumpkin Patch. U-Pick pumpkins, tractor-pulled hay rides, two giant corn mazes [plus a new hay maze for smaller kids], yummy hot/cold snacks and a barn full of farm animals. Daily Sept. 27-Oct. 31, 9 a.m.-5 p.m. Prices vary. Kent. carolinabrothers.com

Conservatory Story Hour. Enjoy a story among the flowers, and a related craft project. 11 a.m. \$3. Kids 11 and under. Free. Ages 3-8. W.W. Seymour Botanical Garden, Tacoma. seymourconservatory.org

10

Anything Goes. A comic musical following the antics of a group of travelers aboard a ship bound from New York to London, starring energetic tap dancing and some of Cole Porter's most famous songs. Tuesday-Sunday, Oct. 15-Nov. 3. \$29 and up. Ages 10 and up. 5th Avenue Theatre, Seattle. 5thavenue.org

Columbia City Farmers Market. Gather up the last of fall's bounty on the final day of this popular neighborhood market. 3-7 p.m. **FREE.** Items for purchase. Edmunds and 37th Ave. S., Seattle. seattlefarmersmarkets.org

23

Spaceflight. A new planetarium show explores the future of human spaceflight and the ways we may visit space in the coming decades. 2:30 p.m. \$3 in addition to admission (\$10-\$18); ticket required. Ages 4 and up. Pacific Science Center, Seattle. pacificsciencecenter.org **ONGOING EVENT**

30

Halloween Photo Booth. Capture your costume costume, or gothic face, for posterity. Bring your own camera and use library props for your photo shoot! You like. 10 a.m.-9 p.m. **FREE.** All ages. King County Library System, Covington Branch, Issaquah.

THURSDAY

2

Free First Thursday. Visit some of our area's museums for free today, including the Burke Museum, Seattle Art Museum, MOHAI, Wing Luke, and the Northwest African American Museum. Hours vary. freemuseumday.org

Brake-elope. Two grown sons and their father face a future that isn't as they'd planned and that tests their family ties. Thursdays-Saturdays 7:30 p.m., Sundays 2 p.m. through Oct. 20. \$15-\$30. Ages 12 and up. Seattle Public Theater, Seattle. seattlepublictheater.org

10

Ringing Bras. and **Barnum & Bailey Fully Charged.** Knife-throwing, high-wire stunts, a Mongolian strong man, a Ukrainian aerial gymnast, acrobats, elephants, and more. Wow! Thursday-Sunday, Oct. 10-13. \$21 and up (\$12 opening night). All ages. Comcast Arena, Everett. comcastarenaverett.com

Modern Girlhood Revisited. A series of TED-Talk-style speeches addressing topics related to healthy girlhood and how investing in girls is critical. 7 p.m. \$10. Town Hall Seattle. wallance.org

17

Thomson Family Farm Corn Maze. Can you find your way through the maze? Plus get wild in the Kids' Cornal activity area. Daily Oct. 1-31. \$6-\$12. Under age 2 free. Thomson Family Farm, Enumclaw. thomsonfamilyfarm.com

Fiddleheads Parent-Child Class. Join the UW Botanic Gardens for nature connection activities and outdoor play at the Washington Park Arboretum or the Union Bay Natural Area. Tuesday-Friday, through Dec. 17. Pre-registered. \$18/parent/child pair. Seattle. depts.washington.edu/uwb/education

24

Dot and Ziggy. This introduction to live theater is the first in the Dot and Ziggy series, a lady bug figuring out how to be friendly. Wednesday-Sunday, Oct. 3-Nov. 24. \$21. Ages 0-4 with families. Seattle Children's Theatre, Seattle. scit.org

24

Dot and Ziggy. This introduction to live theater is the first in the Dot and Ziggy series, a lady bug figuring out how to be friendly. Wednesday-Sunday, Oct. 3-Nov. 24. \$21. Ages 0-4 with families. Seattle Children's Theatre, Seattle. scit.org

31

Halloween Open House and Trick-or-Treating. Non-spooky story time takes place at 3:30 p.m.; after-words kids enjoy games, trick-or-treating and a jelly bean flavor taste test. 3:30-7 p.m. \$3. Ages 11 and under. Free. All ages. Seymour Botanical Garden, Tacoma. seymourconservatory.org

Mall-O-Ween at Crossroads. Enjoy safe, indoor trick-or-treating from mall merchants plus live music from Ko Jo. 5-8 p.m. **FREE.** All ages. Crossroads Mall, Bellevue. crossroads.com

FRIDAY

4

Musical story time with Brian Vogan. Local kiddie singer-songwriter and music instructor leads an energetic, music-filled story time. 10:30 a.m. **FREE.** Ages 1-5 with families. Ben Bridge Court at Northgate Mall, Seattle. sinn.com

Candlelight Tour at Fort Nisqually. If your kids (or you) can't imagine life without TV, phones, or milk in the fridge, get a glimpse of life by candlelight. Friday-Saturday, October 4-5. \$8-\$12. Pre-registered. Ages 4 and up. Fort Nisqually Living History Museum, Tacoma. fortnisqually.org

11

Eye-to-Eye Shark Dive Grand Opening. Just like a sounds, a new exhibit at Point Defiance Zoo & Aquarium puts you right in the personal space [well, a cage near the personal space] of more than a dozen sharks. Pre-registered. Dates and times vary. \$30-\$65 for the cage dive [scuba dive also available for certified divers ages 15 and up]. Ages 8 and up. Point Defiance Zoo & Aquarium, Tacoma. pda.org

LEGO KidFest. It's a huge LEGO party with enough activities to last a brick-a-year family busy-busy. Friday-Sunday, Oct. 11-13. \$18-\$20; ages 2 and under free. All ages. Oregon Convention Center, Portland. legokidfest.com/portland

18

Preschool Dance Party. If sitting quietly for story time at the library is not your kid's strong suit, try this high-energy boogie fest. 11 a.m. **FREE.** Ages 3 and up with families. King County Library System, Shoreline Branch. kcls.org

Form Test Friday. Learn about seeds, soil, compost and worms... plus take a hay ride, visit a pumpkin patch, and work your way through a maze. Friday 10:30-11:30 a.m. through Oct. 25. \$9; pumpkins extra. Ages 1-5 with families. Dr. Mazze's Farm, Redmond. drmazze.com

25

Hoat 'n' Howl. Take an evening from tour to see what the party's going to be to night, plus enjoy Halloween games, crafts and trick or treat. Friday-Saturday, Oct. 25-26. 6-10 p.m. \$7-\$13; ages 2 and under free. All ages. North-west Trek Wildlife Park, Eatonville. westtrek.org

Fall Fun Fest. Activity booths, toddler gym toys, face-painting, and win prizes. Event put on by middle schoolers from the Issaquah Youth Center. 5:30-7:30 p.m. \$2. Ages 1-6. Issaquah Community Center, Issaquah. ci.issaquah.wa.us

SATURDAY

5

BrickCan Exhibition. See amazing displays of LEGO hobbyist creations and create your own masterpieces in the Building Zone. Saturday-Sunday, Oct. 5-6. \$9; ages 4 and under free. Seattle Center Exhibition Hall, Seattle. brickcan.org

Issaquah Salmon Days. Celebrate salmon with this year's theme, "Streamline Live," and enjoy the parade, food and arts, and super cool Field of Fun. Saturday-Sunday, Oct. 5-6. **FREE.** Veterans' Memorial Park and other venues, Issaquah. salmondays.org

12

Bezos Center for Innovation at MOHAI Grand Opening. New interactive exhibits and special first-day activities celebrate Seattle's creative innovators. 10 a.m.-5 p.m. Included with admission (\$12-\$14; ages 14 and under free). Museum of History and Industry, Seattle. mohai.org

Fall Tree Festival. Kids can get high up in a tree, supervised by arborists using all the necessary safety equipment. 10 a.m.-3 p.m. **FREE.** All ages. Wright Park, Tacoma. metroparktacoma.org

16

Saturday Family Concert: Charlie Hops. The Canadian kiddie singer/songwriter sings songs about bugs, frogs, negative and other timely topics. 11 a.m. \$5/adult with kids; ages 12 and under free. Town Hall, Seattle. townhallseattle.org

Sammy Slicker's The Composer Is Dead. The opener for Seattle Symphony's legendary Discover Music concert series uses the age-old draw of a mystery to engage kids. 10 a.m. \$15-\$20. Ages 6-12. Benaroya Hall. seattlesymphony.org

26

Monster Mash Dash. Don your costumes and bring the whole family—including Rover—to run or walk a one-mile course around the park. Try stay alert for Halloween surprises! 10 a.m. \$12. All ages. Luther Burbank Park, Mercer Island. mparislandseattle.com

The Haunted Theatre: Backstage Tour & Erie Dances. This Halloween tradition begins with a spooky but kid-friendly haunted tour, and finishes with a collection of Halloween-themed ballets. Oct. 19-20. 25-27. \$5-\$6. Buy tickets early! All ages. Tacoma City Ballet at The Merlino Art Center, Tacoma. tacomaacityballet.com

YOU BELONG AT THE Y

Join today and connect with other families through fitness, fun and shared interests.



Join Now & Save! October 1-31
ystart.org/family or 206 382 5022



Rain,



rain, come and play

Backyard adventures for the wet season

BY RORY GRAVES

It's easy to equate the dreary season that hits the Pacific Northwest each fall with frizzy hair, soggy leaves and too much time spent cooped up indoors with stir-crazy kids.

But while parents may look outside and see a muddy yard and gray skies, for a child, a rainy landscape offers a novel way to explore a familiar landscape. What's more, research indicates that time outside in all seasons is essential to healthy development; some studies show that outdoor play increases kids' physical activity, creativity and ability to concentrate.

Plus, as Richard Louv, author of *Last Child in the Woods*, reminds us, nature is the ultimate sensory experience. "We tend to block off many of our senses when we're staring at a screen," he writes. "Nature time can literally bring us to our senses."

One key strategy for getting everyone outside in the dark months is to make your outdoor space — whether it's a balcony or a yard — as winter-play friendly as possible. Here are some creative ways to encourage your family to unplug from electronics and get out and explore.

Explore the physics of rain

According to famous Danish landscape architect Carl Theodor Sorensen, whose work was recently featured in the Carnegie Museum of Art's exhibit on the evolution of playgrounds, children are happiest when playing with junk. Any parent who has witnessed the hours of play generated by an empty appliance box can attest to this.

Put junk to great use outside by making a water wall or instrument wall.

Water walls are just what they sound like — a wall of containers set up to help kids explore the physics of water. Attach plastic containers, bottles and tubes to a wall or railing to create a course for water to flow through. (You can drill them in, use zip ties and chicken wire, or just string and nails.)

Then start experimenting: Add food coloring and see what happens when colors are mixed together. Track the rainfall by measuring the amount of rain in each bottle. Explore how water levels change with the shape of each container. The possibilities are endless.

A fun twist on the water wall is a **gutter course**. Use old gutters or halved PVC pipes to create a course,

continued on page 35



PHOTO: SHUTTERSTOCK.COM

FAMILY FUN

AT THE BURKE



BIRDS AT THE BURKE

Saturday, October 19



MEET THE MAMMALS

Saturday, November 16



WEEKEND ACTIVITIES

Every Saturday & Sunday, 11 am – 3 pm

Touchable collections, crafts, and more!

October: Birds

November: Mammals

December: Shells & Fish

BurkeMuseum.org

Burke Museum
UW Campus, Seattle



Education exp

Your online resource for
Puget Sound schools,
news + learning advice



- Find new schools
- Open houses
- Application dates



- Teacher tips
- College prep
- School readiness



- National experts
- Parent stories
- Enrichment ideas

[visit parentmap.com/education](http://visit.parentmap.com/education)

sponsors



Chess4Life





continued from page 33

propping it over lawn chairs, bricks or rocks. Add leaves or paper boats and make a race out of it.

Hang up muffin tins, old pots and lids outside to make a terrific **instrument wall**. Fill bottles with beans to make a rattle. Collect some sticks or use kitchen utensils to bang on pans with. The sound of raindrops falling onto pots and bottles will complement the music.

Investigate bugs

A fun project for the budding entomologist is a bug mansion or worm farm. To make a **bug mansion**, simply stack a few pallets and fill the space between the pallets with different materials to serve as a breeding ground for different bug species (see wildaboutgardens.org for one example).

Dead wood is perfect for beetles and their larvae. Dead leaves or hay are an ideal environment for invertebrates, and centipedes, spiders, woodlice and beetles love loose bark.

Worm bins simply require compost, a lidded container of some sort with ventilation, a starter crop of red wiggler worms (often found at pet stores) and a steady supply of kitchen scraps. Seattle Tilth (seattletilth.org) offers free worm bin designs.

continued on page 36



COURTESY: WILDBOUT GARDENS

STAY INSPIRED BY NATURE



SLEEPING LADY
A MOUNTAIN RESORT

Plan your fall family getaway at
sleepinglady.com | 800.574.2123



SEATTLE
SYMPHONY

Family concert!

LEMONY SNICKET'S
THE COMPOSER IS DEAD

OCTOBER 19
DISCOVER MUSIC SERIES

Stilian Kirov, conductor
Pat Cashman, narrator

>> Ages 6 to 11

In this wacky murder mystery, everyone seems to have a motive, everyone has an alibi, and nearly everyone is a musical instrument.

Media Sponsor:

KING FM 98.1

International Guest Artist Sponsor:



© Carson Ellis

Tickets: \$15 Child, \$20 Adult

206.215.4747 | SEATTLESYMPHONY.ORG



continued from page 35



BRIAN TOWNSLEY / ISTOCK

Kids can bury compost in the worm bin as an ongoing task, exploring the different stages of decomposition and worm population.

Dig into some mud

While summer sandboxes can become litter boxes for neighborhood animals as the drizzle rolls in, mud is the perfect medium for the rainy season. To make a **mud pit**, simply fill a plastic storage bin or a plastic lidded sandbox with pesticide-free topsoil and let the rain do its magic.

As mud dries and rehydrates, kids can experiment with an array of textures and explore the laws of physics. Pop the lid back on when not in use to keep the mud "clean" and free of bugs and other contaminants.

If mud is too messy for your liking, **rice- or bean-filled sensory bins** (keep them in airtight containers) are a clean option and a perfect sandbox substitute for the rainy season.

Build community with a fire pit

A crackling fire in a **do-it-yourself fire pit** is a great tool for creating community and warming up chilly noses and hands. On any given night in my own neighborhood, a group of people can be found roasting marshmallows and chitchatting over a portable fire in front of one of the houses.

Fire pits can easily be made from reclaimed bricks or concrete pavers, or even an old metal wheelbarrow — search Craigslist's "free" section and you'll find a bounty of leftover material from remodels and construction sites. The most rustic design requires only a few stones and a dirt patch. More elaborate designs and DIY instructions can be found online.

Another option is a **freestanding outdoor pit**; prices start around \$130 on Amazon.

continued on page 39



Discover
THE ULTIMATE
OUTLET EXPERIENCE

DESIGNER BRANDS | OUTLET PRICES

NikeFactoryStore H&M MICHAEL KORS J.CREW FACTORY

YOU'RE INVITED
to the grand unveiling of
The Outlet Collection, formerly
SuperMall, on October 17, 2013.
Visit theoutletcollectionseattle.com
for event details.

THE OUTLET
COLLECTION

Follow us on [f](#) [t](#)

New at Crossroads

Coming Fall 2013

Tutta Bella's largest location, with a true four-season patio!

The Northwest's most celebrated authentic Neapolitan pizzeria

tutta bella
NEAPOLITAN PIZZERIA

Authentic Neapolitan pizza, flatbread, calzones, salads, craft cocktails, beer, wine, espresso and desserts.

Located at the main entrance to Crossroads on 156th Ave NE.

"BEST PIZZA JOINT"
— Parent Map Magazine, 2012

Crossroads

crossroadsbellevue.com

Bellevue's Backyard Adventure

Bellevue
Adventure
#4

KELSEY CREEK FARM

Head on out to the farm for an old-fashioned family adventure. Kelsey Creek Farm is open from 9am-3:30pm 365 days a year, and requires no admission fee. Go back in time to when the Dueys owned a cattle farm on the site. See chickens, rabbits, sheep, pigs, horses, and more! Hunt for the perfect pumpkin at the annual Farm Fair on Saturday, October 12. What are you waiting for?



To plan your next Bellevue Adventure, visit
Bellevuewa.gov/parks.htm



Bellevue Parks &
Community Services

An affiliate of

visit
Bellevue
WASHINGTON

HILLOWEEN

A MODERN HALLOWEEN CARNIVAL FOR CAPITOL HILL

SATURDAY, **OCT. 26, 2013**
CAL ANDERSON PARK
NOON TO 3:30 PM **IT'S ALL FREE**



MUSICAL PERFORMANCES BY:
CASPAR BABYPANTS & RECESS MONKEY
WITH DJ LA KENDALL

GHOLS CARNIVAL GAMES STILT WALKERS JUGGLERS
BALLOON TWISTERS BOUNCY HOUSE FONSI THE PERFORMING
DOG SPOOKY STORIES UNDER THE HALLOWEEN TREE
MARCHING BAND COSTUME PARADE TRICK OR TREAT ON
BROADWAY FROM OUR LOCAL MERCHANTS

FOR MORE INFORMATION AND EVENT SCHEDULE:
WWW.CAPHILLOWEEN.COM

chrr
capitol hill
chamber
of commerce

SOUNDTRANSIT

BROADWAY
WHAT'S ON
BROADWAY RELEASE (ARTIST/PERFORMER NAME)

SEATTLE OPERA
1963 FIFTY YEARS 2013

DONIZETTI

The Daughter of the Regiment

(La fille du régiment)



OCT. 19 – NOV. 2, 2013 MCCA W HALL

SPECIAL FAMILY MATINEE
SUNDAY OCTOBER 20, 2013 -2:00 P.M.
STUDENT TICKETS \$15!*

Delightful Romantic Comedy

Worlds collide in this lighthearted romp when a noble-born tomboy – adopted by the 21st regiment – falls for a soldier, much to the dismay of “polite society.” This funny, eloquent, and endlessly enjoyable season-opener is an ideal introductory opera to share with the next generation of music- and theatre-lovers in your life. Tickets are just \$15* for students 18 and under, with purchase of any full-priced adult ticket. English captions let you follow every hilarious moment!

*See website for details.

With the Seattle Opera Chorus and Members of the Seattle Symphony Orchestra.

PHONE
IN PERSON

206.389.7676 | 800.426.1619
Ticket Office: 1020 John St.,
Mon-Fri 9 a.m.-3 p.m.

PRODUCTION SPONSORS: ANN P. WYCKOFF, MICROSOFT,
MARYANNE TAGNEY-JONES AND DAVID JONES
SEASON SPONSOR: GLADYS RUBINSTEIN, IN MEMORY OF SAM RUBINSTEIN

SEATTLEOPERA.ORG

wellspring
COUNSELING



Our therapists are
here for your family

Seattle • Bellevue • Redmond

Meet us: www.wellspringfs.org/counseling

Call to schedule an appointment 206.524.9055



PARENTMAP South Sound

Lecture Series



Wednesday, November 6 7 – 9 p.m.
ANNIE WRIGHT SCHOOLS, TACOMA

Parenting to Grow Responsibility and Respect

Jody McVittie, MD
Top Positive Discipline Expert

Find out how to lead your kids
with courage and connection.

TICKETS: parentmap.com/Tacoma

SOUTH SOUND SERIES
PRESENTING SPONSOR



ANNIE WRIGHT
SCHOOLS
TACOMA, WA

continued from page 36

Propane fire pits are as easy as they come, usually requiring the mere flip of a switch or twist of a knob to get a fire going.

Be sure to build fire pits at least 10 feet away from any structures, trees or combustible surfaces and foliage. Plan to keep water on hand and have a hose nearby in case you need it. (Burn bans aren't usually in effect at the peak of the rainy season, but check with your local county to be sure.)

Next time you find yourself listening to the drum of raindrops on your rooftop, just think of it as Mother Nature applauding you for all of the outdoor adventures you've planned. The murky bathwater at the end of the day will be well worth the fun. ■

Rory Graves is mother to three young and lively children and ParentMap's social media coordinator. She loves the rainy season because she will look for any excuse to bake cookies, drink hot chocolate and read a good book.

More rainy-day fun

DO RAIN ART

Place dots of food coloring or bits of powdered paint onto pieces of paper or paper plates and set outside. Watch as raindrops splatter into a colorful work of art. Hang to dry.

HUNT FOR RAINBOWS

Explore what causes rainbows (find lesson ideas online) and then go outside and see if you can find one on a day when there's a mixture of rain and sunshine.

MAKE A HULA-HOOP FORT

The perfect "on-the-fly" fort requires only a hula hoop and a shower curtain. Simply thread the shower curtain loops over the hoop and hang; cover with

waterproof material for a rainy-day retreat.

BIRD-WATCH

Many species of birds thrive in the Pacific Northwest during the winter months and are easier to spot, given the borer winter trees. Put up a feeder outside, have a bird book at the ready and see who comes to visit.

FIND MORE IDEAS ONLINE

One terrific resource is the National Wildlife Federation's "Be Out There" website (nwf.org/be-out-there.aspx), packed with ideas on exploring nature, designing your outdoor space to maximize exploration, gardening with kids and more.



2/20/17 JAM VOISARD/GOAL

HALLOWEEN FAMILY EVENTS

HAMLIN HAUNT
Hamlin Park
October 18
6:00-8:30pm



INDOOR PLAYGROUND
Spartan Recreation Center
October 31
9:30am-12:00pm
Ages 1-4



Parks, Recreation & Cultural Services
www.shorelinewa.gov/reguide
(206) 801-2600

VISIT OUR PUMPKIN PATCH THIS OCTOBER!



Stocker Farms
Snohomish, Washington

CARPINTO BROTHERS

PUMPKIN PATCH & CORN MAZE

OPEN daily through Halloween 9am-Dusk

Fun for the whole family!

Pick your own pumpkin on over 20 acres - all shapes & sizes!

- TWO corn mazes
- Farm fresh produce
- Tractor pulled hayrides
- Farm animals
- Hay maze
- Hot roasted corn
- Kettle corn
- Fall Décor
- ... and much more!

\$1.00 OFF
Adult Corn Maze Admission with this ad
offer good for adults & children

Group discounts/packages available for school, church and scouting organizations

253-854-5692 • WWW.CARPINTO.COM

For driving directions, visit our website
Located on the corner of 277th & W. Valley Hwy across from Smith Brothers Dairy

Facebook

October at

Seattle Children's Museum
where imagination comes alive

**Costume Carnival,
Pumpkin Carving
& More**

thechildrensmuseum.org/halloween



Join the fun.



REDHAWK GAMEDAY

Seattle U Basketball

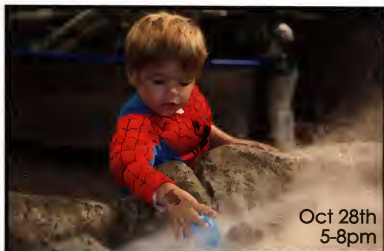
Rudy's Kid Zone | On court dancing | Postgame free throws | Autographs

\$48 FAMILY 4 PACK
4: tickets, hot dogs, chips & soft drinks

206.398.GOSU (4678)
GoSeattleU.com/sutickets



KeyArena
at Seattle Center



Oct 28th
5-8pm

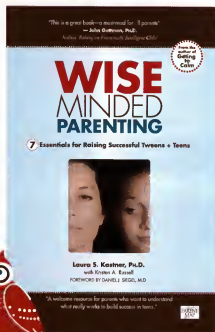
Halloween Spooktacular



Spooky Science, Eerie Art
& Loads of Ghoulish Goodies!

www.kidsquestmuseum.org

CONTROL YOURSELF!



ORDER NOW parentmap.com/books





PLAYLIST

5 places to pick (or taste) apples

BY LAUREN BRADEN

LAUREN BRADEN

WASHINGTON STATE produces 60 percent of the nation's apples — get them as fresh as possible by picking your own. Early September through October is prime picking season, with the peak varying from location to location. The whole family can participate; just help little kids on the ladders. Here are five spots to try. :

Find more suggestions for apple picking and many other kinds of harvest fun at parentmap.com/harvest

JONES CREEK FARMS SEDRO-WOOLLEY

The best place in the Puget Sound area to pick heirloom varieties of apples (mix them together for delicious apple butter), Jones Creek also offers U-pick Asian pears, squashes and pumpkins. facebook.com/jonescreekfarms

APPLE CREEK ORCHARD FERNDALE

At this farm north of Bellingham, pick the popular Janagalds and visit the animals; you'll find chickens, geese, ducks and guinea hens walking about. applecreekorchard.com

LATTIN'S COUNTRY CIDER MILL AND FARM OLYMPIA

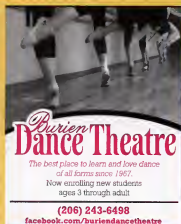
You can't pick your own apples at Lattin's, but don't miss the Apple Festival on October weekends. Taste cider, take a tractor-drawn wagon ride to the pumpkin patch, navigate a corn maze and pet baby animals. lattinscider.com

THE STUTZMAN RANCH WENATCHEE

Stutzman grows crunchy, juicy Fuji apples, ready for picking just as Wenatchee Valley trees begin to turn crimson and golden. Take home some Bartlett pears and farm-fresh eggs, too. thestutzmanranch.com

JOHNSON ORCHARDS YAKIMA

You can pick at Johnson Orchards, one of the region's oldest orchards, summer through fall and take home whatever is in season. In the fall, this usually means Gala apples, Bartlett pears and some unusual varieties. johnsanorchardsfruit.com



Burrion Dance Theatre
The best place to learn and love dance of all forms since 1967.
Now enrolling new students ages 3 through adult.
(206) 243-6498
facebook.com/burriondancetheatre



BKohl Piano Studio
All Ages. All Stages.
Beginner to Advanced.
Mercer Island Private Piano Lessons
In home or in studio.
Brittany Kohl • (360) 509-7509
brittany.kohl@gmail.com
BKOHLPSTUDIO.COM



Enrolling Now!
FREE TRIAL CLASS
Award-winning programs for children 3 mos-13 yrs
Noncompetitive gymnastics, fitness, song, dance & more
over 150 safe & immaculate facilities worldwide
• Birthday parties, camps & events
• Karate, Pre-Ballet & Dance!
FREE TRIAL CLASS
My Gym Bellevue
Near Crossroads • 500 100th Ave NE, #1 • Bellevue
info@mygymbellevue.com • Phone Card Accepted
(425) 451-1395 www.mygymbellevue.com



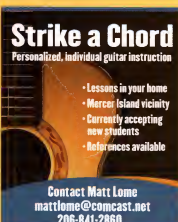
StudioH
Fine Art & Craft Classes
For Kids & Teens
Free introductory class with first-time enrollment!
Explore Create Grow
Getartsmart.com
(425) 868-5095 Sammamish



THE STUDIO FINE ART CLASSES
Reserve for Fall Classes in the downtown Bellevue studio
On-going preschool, children's, teen and adult classes.
CALL for a Free Introductory Class
Birthday Parties
Gift Certificates Available
The Studio, Belgaite Plaza
1075 Bellevue Way NE
2 blocks North of Bellevue Square
425-736-3060
www.BellevueStudio.com



sign up for free
eNews
Weekly news, deals and family fun around the Sound!
parentmap.com



Strike a Chord
Personalized, individual guitar instruction
• Lessons in your home
• Mercer Island vicinity
• Currently accepting new students
• References available
Contact Matt Lome
mattlome@comcast.net
206-841-2866



fall classes
pacific northwest ballet school
Dance classes for girls and boys ages 2-7 in Seattle and Bellevue
206-441-2435
425-451-1241
pnbs.org
register now!



Drawn2Art
Fine Art Instruction 4 yrs-Adult
SEASONAL WORKSHOPS OFFERED!
Clara, Age 8 Allison, age 12 Makensy, Age 10
FREE INTRODUCTORY ART CLASS!
REDMOND STUDIO (425) 498-2425
17210 Redmond Way, Redmond, WA 98052
email: drawn2artredmond@gmail.com
www.Drawn2ArtClasses.com



"Fine art is knowledge made visible"
-Gustave Courbet
SAVE A SPOT, ENROLL NOW!



South Hill Mall Location
Coming Soon!
WiggleWorks Kids
A Unique Indoor Open-Play & Birthday Party Experience
Where Everything Is In Motion!
Crossroads Mall, Bellevue
www.wiggleworkskids.com
425.641.2186
King County's only moving playground!

Looking for more GOOD PARENTING STUFF?

Point your browser to ParentMap.com!

Ah, the advent of fall . . . Crunchy, colorful leaves; the chatter of happy school-bound children; hearty meals and special treats to fortify us for the season ahead. Every day at ParentMap.com we provide you with new tools, ideas and inspiration to find fun and sanity this (and every) season. You can count, and click, on us!



EDUCATION EXPO

School days feeling more like school haze? Visit ParentMap's

K-12 education portal to research schools and learning resources, check the calendar of open houses and local education events, watch videos by leading education experts, and access hundreds of education articles.

parentmap.com/education



HARVEST + HALLOWEEN

Boys and ghouls, mummies and daddies — we've got your go-to guide to harvest and Halloween fun, from a complete calendar of farm, pumpkin-patch, maze and other seasonal happenings to hundreds of ideas to make your family's Halloween an event to die for.

parentmap.com/halloween



FALL TRAVEL

Get outta here! You don't have to break into your child's piggy bank to afford some R+R this fall. With our handy family travel planning guide, you can take advantage of some of western Washington's most unusual, beautiful and affordable travel options. From seashore to summit, dozens of dynamite destinations await.

parentmap.com/family-travel



HOLIDAY FOOD + ENTERTAINING

Need sane and savvy entertaining tips and recipes for the holidays

ahead? ParentMap.com editors are all about the sane and savvy! Put the friend back into kid-friendly with our delicious and nutritious (and cute!) food inspirations for family. Don't miss Forks in the Road, our monthly video series celebrating food adventures in the Puget Sound.

parentmap.com/food



WINTER SPORTS GUIDE

Snow day! Get out with your family using our primers on skiing, skating, snowshoeing, sledding, and other winter thrills, chills and spills (of the fun variety). Our winter sports calendar keeps your seasonal planning on track and captures the best local deals, so you can focus on keeping feet dry! When the weather outside is frightening, we've also got you covered with dozens of indoor adventures.

parentmap.com/winter-fun



GIFT GUIDES

Are the looming holidays already coaxing out the Scrooge within? From affordable (under \$10) to ahhh-mazing, ParentMap.com editors have mined sources far and wide to curate the best-bet buys (and makes) for everyone on your list. Don't forget to visit parentmap.com every day in December to enter the annual Big Gift Giveaway!

parentmap.com/gifts



HAPPIEST BIRTHDAYS

Need wow-worthy ideas for a birthday blow-out that won't break the bank?

Hoping to crack the code on the perfect goody bag? ParentMap.com helps ease planning and party angst with gobs of ideas for creating a memorable celebration for your birthday boy or girl!

parentmap.com/birthdays



parentmap.com



Asperger's redefined

What's in a name?

By Malia Jacobson

Kegan Peterson's first birthday party was a happy occasion — cake, balloons and gifts — but his mom, Port Orchard native Stephenie, couldn't shake the feeling that something was wrong. Kegan, now 6, seemed to be suffering from a major sensory overload. "He didn't want to touch the frosting on his birthday cake. He was greatly upset by the feeling of the grass on his feet. And I noticed that he wouldn't sustain eye contact," she recalls. By age 2, he'd been diagnosed with sensory processing disorder (SPD). But the diagnosis didn't explain all of Kegan's quirks: his habit of repeating words and phrases, his obsession with patterns or his penchant for gigantic, violent meltdowns.

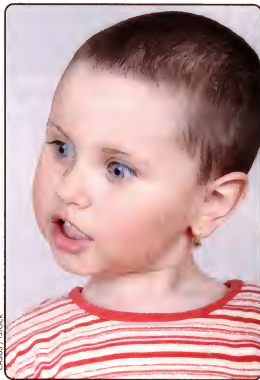
He was officially diagnosed with autism at 3, about the time his family moved from the Puget Sound region to Dallas, Texas, where they now live. But his symptoms, such as his inability to read social cues, avoidance of eye contact, high intelligence and advanced vocabulary, were more consistent with Asperger's syndrome, one of numerous developmental disorders on the autism spectrum. Earlier this year, his 4-year-old sister, Eden, received the same diagnosis: high-functioning autism, or Asperger's syndrome.

Two kids with three labels between them — SPD, autism and Asperger's — made life complex, and insurance paperwork was a nightmare. It's a familiar scenario for families with a child (or two) on the spectrum: Because many spectrum disorders have overlapping symptoms, arriving at an accurate diagnosis and getting needed treatments can be a murky medical maze.

A new label

But that murkiness may be getting a little clearer. At least, that's the hope of the American Psychiatric Association, which earlier this year removed the diagnosis of Asperger's syndrome from the Diagnostic and Statistical Manual of Mental Disorders.

Under the new definition, Asperger's is recognized as a form of high-functioning autism and is grouped under the autism umbrella, along with other familiar spectrum disorders, such as pervasive developmental disorder and childhood disintegrative disorder. The change could make it easier for those on the spectrum to get needed treatments, since certain states



COURTESY / STOCK

provide services for autism but not for related spectrum disorders like Asperger's.

The manual is the diagnostic bible used by mental health professionals. Its language drives treatment resources and the way insurance companies determine coverage, and helps schools determine how to allocate special education funding. Changes to its verbiage are a big deal and not without controversy. This change sparked angry protest and impassioned petitions from the Global and Regional Asperger Syndrome Partnership and the Asperger's Association of New England.

Though she's not bothered by the change, Stephenie Peterson understands the dissent. "A lot of adults with Asperger's have their identity tied up with the title. I can understand how it would be hard to lose it," she says.

A separate disorder?

New research is stirring up more controversy by making the case that Asperger's is, in fact, a distinct disorder. According to a study published in BMC Medicine, children with Asperger's have different electroencephalography (EEG) patterns (or brain

waves) than children with autism. This shows that Asperger's is not merely a mild form of autism, but an entirely separate condition with unique neurological implications.

Many health professionals acknowledge that Asperger's syndrome has unique characteristics that differentiate it from autism: Individuals with Asperger's don't have the language deficit often seen in those with autism, are not intellectually impaired and can have tremendous focus. These uniquely "Aspie" (a friendly nickname for those with Asperger's) characteristics will continue to shape treatments and therapies for those with Asperger's, even under its new "autism" label.

But regardless of how the disorder is labeled, early intervention is key to successful treatment. "While the brain remains plastic throughout life and new things can always be learned, the greatest plasticity is during the younger years," says Stephen Shore, Ed.D., author of *Beyond the Wall: Personal Experiences with Autism and Asperger Syndrome*. So interventions such as occupational therapy, speech therapy and specialized social skills groups may have the greatest impact—and the best chance of positively shaping a child's future—if they're initiated during early childhood.

Sneaky symptoms

Asperger's syndrome can be tricky to spot, particularly in toddlerhood, because the disorder doesn't cause speech delays, and social dysfunction can go undetected until the school years. But symptoms often appear before age 3, and parents can pick up on the signs if they know what to watch for, says Dr. Gary A. Stobbe, program director for Adult Autism Transition Services at Seattle Children's Autism Center.

Symptoms of high-functioning autism (formerly known as Asperger's syndrome)

- Monotone pitch
- Extensive vocabulary
- Restricted interests
- Lack of empathy
- Avoidance of eye contact
- Repetitive motions

Source: Stephen Shore, Ed.D., author of *Beyond the Wall: Personal Experiences with Autism and Asperger Syndrome*

Many times, children with Asperger's begin speaking early, like Keagan Peterson, who knew hundreds of words before his first birthday. "Rather than starting with 'mama' and 'dada,' for example, a child with Asperger's might begin with full sentences or phrases," says Shore.

Children with Asperger's can have large vocabularies, but may speak in a monotone or with an odd inflection. And they may be unable to match their vocal tones to their surroundings; they might not use a quiet voice at the library or at the movies, for example.

They may also display intense focus on a narrow set of interests. Though not intellectually behind their peers, they have difficulty understanding social contexts and the feelings of others. They may lack physical coordination; movements may seem either

stiff and stilted or overly bouncy, according to the National Institute of Neurological Disorders and Stroke.

A common difficulty seen in Asperger's and high-functioning autism is "executive functioning," or the ability to plan and organize, says Stobbe. Simple tasks such as choosing an outfit to wear and then getting dressed, or carrying out a nightly routine of brushing and flossing can present major hurdles.

Bigger challenges come during the school years, when children are expected to work on projects over several days and turn in homework, says Stobbe. In school, parents can expect special accommodations that can range from social skills support and specialized sensory environments to more traditional help with specific academic abilities, such as writing or reading comprehension.

Diagnosis drama

Ultimately, the precise name of the disorder may not matter much; a parent's job remains the same, notes Stobbe. "Don't let the diagnosis dominate your planning and parenting. Your goal as a parent is to provide an environment to help your child be happy and succeed." Regardless of the diagnosis, learning the specific strengths and weaknesses of your unique child is key, he adds.

Life in a home full of Aspies has not been easy, says Stephenie Peterson. But it's wonderful. "My kids are so smart, so funny, so amazing. And it isn't like they are great kids in spite of Asperger's. A lot of the amazing things about them are in part because of their Aspergers." ■

Malia Jacobson is a Tacoma-based freelance writer.

1-on-1 Swim Lessons



- **Emphasis on water safety and proper skills**
- **Warm pool, friendly staff and fun atmosphere**
- **Perfect for hesitant swimmers**
- **Learn to swim in a positive and nurturing environment**



SAFE N SOUND

SWIMMING

Teaching Children to Swim
Since 1986

Seattle 206-285-9279

Issaquah 425-312-7007

SNSswim.com

/SafeNSoundSwim

Raise a Cavity-free Child!

Choose a Pediatric Dentist

- Just as you've chosen a pediatrician for your child, consider the advantages of choosing a pediatric dentist from the very first visit by AGE ONE.
- Don't put your child to bed with a bottle.
- Begin cleaning your child's mouth after feeding even before teeth appear.
- Make sure your children brush for 2 minutes, twice a day.
- Check out www.2min2x.org.



www.eastsidedepiatricdentalgroup.com

185 NE Gilman Blvd. • Issaquah • 425.392.4048

Dr. John R. Liu
Dr. SallySue M. Lombardi
Dr. Donna J. Quinby



Call us for Your Child's First Visit!

5-8

Advocating for your child Getting kids through the school system

By Nancy Schatz Alton

I knew my now 8-year-old daughter, Annie, had learning issues before she started kindergarten at a Seattle-area Catholic school. And even though I expected Annie's teacher to pull me aside and voice her concerns, when the moment arrived, I felt overwhelming angst.

I couldn't stop myself from crying as we discussed how my daughter wasn't learning the way the other children in her class were. This unavoidable emotional outpouring was my first lesson in how difficult it is to be an advocate for your child.

Perhaps you don't have a diagnosis yet — but you suspect your child may have a learning disorder, such as dyslexia, dysgraphia, ADHD or Asperger's.

If your early-elementary-school-age child needs help learning within a classroom setting, you need to understand that you have a new job, says Seattle parent Susan Denning, whose daughter has dyslexia and mild ADHD. "You are a mom of a kid with learning difficulties."

Whether you suspect your child needs special services, or if a teacher recently approached you to voice his or her concerns, these tips will help you advocate for your diverse learner.

Testing

In public schools, the district uses a testing process to determine if a student qualifies for special education services. Ask your child's teacher to help you file an application to find out if your child qualifies for testing.

If the teacher doesn't see a need for testing but you do, write a letter to the school district about your concerns. Make this step easier by using the form letter called "Request for IDEA and 504 Evaluations" in the free handbook *Basic Education Rights and Opportunities in Public Schools*, which you'll find on the Washington State Office of the Education Ombudsman website:

governor.wa.gov/oc/publications/default.asp?manuals. Your pediatrician can test for ADHD or Asperger's.

Children who attend private schools can qualify for free special education screening at local public schools. If private-school children qualify, for services, they can attend private school and still receive special education services at an area public school.

Private testing

Getting your child tested privately will provide more information than results from public school testing, says David Kipnis, director of the learning center at the Hamlin Robinson School, an independent school in Seattle that offers a program for students with dyslexia and related language difficulties. "You will learn more about the diagnosis, as well as about your child's specific weaknesses and strengths," he says.

Private testing also offers more data about how your child is processing information, which will help you make decisions regarding schools, education and tutoring, Kipnis says.

Free testing services at the University of Washington's school psychology program offers an

alternative to private testing, which costs an average of \$2,500. Graduate students in the program administer tests and explain the results.

Talking to professionals

Learning how to talk to the people who are on your child's team takes practice. Jerome Schultz, Ph.D., a Harvard neuropsychologist, recommends that parents say, "I want you to know from the outset that I value all the professionals working in my child's life."

Bring a friend to important meetings, suggests professional advocate Kelly Warner-King, director of Synapse Learning Solutions. Choose someone who is less emotionally invested in the situation and ask this person to take notes.

Listen to the professionals. "You want to know what their perspective is of your child. Say, 'Tell me how you experience her,'" says Schultz. "Concerned parents may feel compelled to fill up the time giving their perception of the child, but it is important to understand the other adults' perceptions of your child."

Be sure you talk about your main concerns for your child. "Put it on the table, whatever it is," says Warner-King.

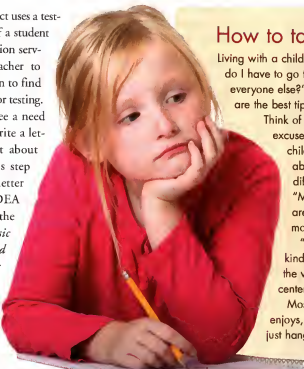
How to talk to your child

Living with a child with a learning disability means fielding hard-to-answer questions: "Why do I have to go to tutoring?" "Why do I have to learn to read?" "Why is math easier for everyone else?" It would be nice to have an on-call specialist to guide your replies. Here are the best tips culled from experts in the special education field.

Think of your child's learning disability in terms of explanation instead of an excuse, says clinical neuropsychologist Jerome Schultz, Ph.D. Explain that your child's brain works differently than those of people who don't share their disabilities. "When a child has a better understanding of what makes learning difficult, he is less likely to think that he's deficient or stupid," says Schultz. "More importantly, teach them there is a way around it and through it: 'You are going to tutoring because she teaches you how to use your brain to be more successful.'"

"I like to approach it from the angle that people are different in all different kinds of ways: height, size, skin color, cultural aspects, and learning styles and the way you process information," says David Kipnis, director of the learning center at the Hamlin Robinson School.

Most of all, experts encourage finding activities that your child excels at and enjoys, whether that means singing, playing soccer, swimming with a friend, or just hanging out and enjoying family time.



Dealing with your emotions

The early elementary school years are a good time to grow your support system. "I had to give up the image I had in my mind of the normal learner: just like the kids who sailed through school like I did," says Denning. "I had to accept the reality she [her daughter] and I learn very differently, and we are going to have to take a different route to success."

When the worry floods your mind, ease your anxiety by learning as much

as you can about your child's issues and taking action. For Denning, finding a good tutor for her daughter helped her accept her child's learning disabilities: "The magic happens every time we go to tutoring," she says. ■

Professional journalist Nancy Schatz Alton is co-author of two holistic health care guides. She lives in Ballard with her husband and two elementary-school-age daughters. Find her blog about learning difficulties at parentmap.com/blog/author/80.

Terms you should know

IEP: An individualized education plan (IEP) is the formal accommodation plan for special education students. Even if your child attends a private school, a plan may be created (although it might not be called an IEP). The Individuals with Disabilities Education Improvement Act (IDEA) is the federal law that gives kids with disabilities access to special education.

The IEP describes the learning goals for your child, how progress will be measured and how the school will help meet these goals. Services provided by an IEP could include tutoring sessions in or out of the classroom, social classes, speech services and occupational or physical therapy. For example, Seattle parent Shane Gabriel says her 7-year-old son's IEP includes a twice-a-week, 30-minute social behavior class; allows him to chew gum or place a bouncy cushion on his chair if he feels upset; and offers additional services that help her son focus in the classroom.

504: A 504 plan falls under a different set of federal rules and costs a wider net, says Kelly Warner-King, a professional advocate for children and their families. If your child doesn't qualify for an IEP, he or she may qualify for a 504 plan, which offers special accommodations for students who have a disability that affects a "major life activity." Learning is considered a major life activity. "A 504 plan can help if a student is in a wheelchair, needs extra time to take a test or has mental health issues," says Warner-King.

Ombudsman: If you need extra help navigating the special education landscape, talk with an ombudsman at the Office of the Education Ombudsman (OEO; governor.wa.gov/oao). It's an ombudsman's job to understand education laws and explain them to you. The OEO's publications Web page, governor.wa.gov/oao/publications/default.asp, is an excellent source for information and contains free downloadable guides on how to advocate for your child. Warner-King also recommends Wrightslaw for valuable information on special education advocacy: wrightslaw.com/info/adv/index.htm.

Hamlin Robinson School

Established 1993

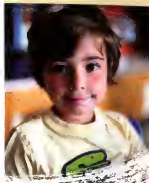
Hamlin Robinson School ignites the academic and creative potential of students with dyslexia and other language-based learning differences.



1700 East Union St, Seattle 98122
206.763.1167 hamlinrobinson.org

Learning Center

at Hamlin Robinson School



Tutoring Parent Education
Screening Memory Training
Professional Development
Educational Events

David Kipnis
206.763.1167 x101
dkipnis@hamlinrobinson.org

Morningside Academy

FULL YEAR & SUMMER SCHOOL

Basic Skills Grades 1-8
Middle School Grades 6-9

Thinking, Reasoning & Problem Solving
Reading, Writing, & Math
Study & Organizational Skills
Daily Report Card
Art, Wushu, Field Trips

NEW LOCATION!
901 Lenora Street, Seattle

206.709.9500 www.morningsideacademy.org



The kid's speech

When pronunciation problems persist

By Jessica Minier Mabe



ANDRE JARDIN / GETTY

We've all heard it: those adorable verbal missteps small kids make when they're trying to master the language. And, while "pasketti" instead of "spaghetti" may seem cute when a 2-year-old says it (another favorite: the color "lellow"), older kids who can't express themselves clearly run the risk of being afraid to speak up in class or of being teased by peers.

Getting the right treatment to help children speak clearly can help a young child academically and socially. But what about older kids who still struggle to pronounce the sounds correctly?

Older kids with speech problems often have trouble with lisps or with creating the sounds made by the letters th, r or l, says Wendy Bell, a speech and language pathologist at Seattle Children's Hospital. Other kids might speak in a voice that's too high, raspy or with "too much nasality," she says.

Most parents notice these problems early on and seek treatment. This can be critical, since not all speech clarity issues improve on their own. Nine-year-old Jacob Bright's mother, Jenny Bright of Bellevue, first noticed Jacob's speech issues when he was 16 months old. Her pediatrician referred the Brights to early intervention therapies. Today, though Jacob's speech has improved, he is still receiving

speech therapy through the Bellevue School District.

Nicole Crepeau, Kirkland mother of Conrad (18) and Devon (14), also first noticed her children's speech issues when they were very young. "Conrad had something of a lisp and didn't pronounce his r's clearly. Devon tended to slur his words, like he was talking too fast," she says.

Some speech clarity issues are caused by physical problems, as was the case for Conrad. When he received braces and medical devices to move his jaw, his mother remembers, "The orthodontist told us it might improve his speech, and as it turned out, it did."

But for Devon, practicing to speak more slowly has helped him improve his speech clarity. Crepeau and her husband worked with him at home, reminding him to slow down.

"We also devised sentences that had the sounds that he tended to slur and we had him try to say them clearly several times a day," she says. Today, Devon's speech is better. "If he gets tired, he gets lazy and slurs. But he seems to be more careful himself to try to speak clearly."

Getting help

How can parents decide whether to call in the professionals to help their child's speech? First, talk to your child's pediatrician — he or she can refer you to a speech therapist if



Pediatric Speech & Language Therapy

*Communication Assessment and Intervention
Birth through Adolescence*

- Articulation/ Motor-Speech
- Autism Spectrum Disorders

- Down Syndrome
- Language Delay
- Social Skills
- Fluency/Stuttering

Learning here IS fun and games

Appointments available in Seattle/Wallingford, Bellevue, and West Seattle
206-547-2500 • carolray@aol.com • www.pediatricspeechtherapy.org



sammamish
children's therapy

2012-13
Best of
Issaquah



- Expressive/Receptive Language skills
- Articulation/Speech Development
- Auditory Processing Disorder
- Oral-Motor Development
- Phonological Development
- Reading and Literacy
- Autism Spectrum Disorder
- Dyspraxia/Apraxia Feeding Skills
- Social Interaction
- Augmentative Communication

Pediatric speech & language therapy

(425) 557-6657 • www.sctherapy.com • Issaquah

necessary. Treatments vary, depending upon the diagnosis.

Bell explains that while speech therapy may be all that is needed for a lisp, it might be necessary to check for a "tongue thrust." The resting position of the tongue can be important for developing the motions needed to correctly produce s and z sounds, says Bell.

But some speech issues don't resolve as early as we'd like them to. Many kids still have trouble pronouncing certain sounds through the higher grade school years and into middle school. That's when the social scene ramps up — and when kids who can't pronounce their r's or still have a lisp, for example, often get embarrassed. Some of the kids may even be bullied.

According to a Penn State University study, kids with speech issues experience a higher rate of bullying than other kids, particularly "relational bullying," which means they get left out or publicly humiliated. Increasingly, speech and language pathologists are being trained to work with these children in the hope of reducing bullying, by using problem solving and role playing and encouraging children to speak up, according to the Penn State study.

Parents can also step in. At Jacob's ninth birthday party, one of his friends asked Jenny Bright why he "spoke funny."

"I told the boy that I had speech delays as a child and Jake inherited some of those from me. I also told him that as a friend of Jake, we should look out for each other, and if someone says something mean, to tell the teacher — or tell that person to knock it off."

Crepeau feels her son Devon was actually motivated to improve his speech after encountering some teasing from peers. "Devon started practicing on his own ... he took an interest in working on it because of those jokes from his friends."

If you think your child's speech is generating social problems for your child, ask yourself these questions, says Bell. "How does your child feel about the speech or communication difference? Is it getting worse? Have others commented negatively or expressed sincere concern?"

If your child is feeling embarrassed or awkward, or others have started to point out speech differences, speech therapy may be the best way to restore a child's confidence. "Speech and vocal quality hold strong characteristics for identification and personality," Bell says. "I'm a strong advocate for getting kids the services they need." ■

Jessica Minier Mabe is a private tutor and writer. Her work is featured on her award-winning blog. She lives with her partner and their three children.

Resources

American Speech-Language-Hearing Association

asha.org

This website provides general information about speech clarity issues for all ages, as well as providing a database of speech therapy providers.

Seattle Children's Speech and Language Program

seattlechildrens.org/clinics-programs/speech-and-language

Myofunctional Clinic of Bellevue

myofunctional.com
Myofunctional treatment may help with some of the physical causes of speech clarity issues.

Seattle Public Schools' information on IEPs

district.seattleschools.org/modules/cms/pages.html?pageid=224928#iep

This Web page provides a walk-through of the individual education plan process for Seattle school district students, including resources for parents with children in private schools.



PHOTO COURTESY / JENNIFER HARRIS

Unique party supplies

Alki Party Treasures

Celebrating life's special moments.

alkipartytreasures.com

sign up for free

eNews

Weekly news, deals and family fun around the Sound!

PARENT MAP

parentmap.com

Lynnwood

Kids Dentist

Who Knew Going to the Dentist Could Be So Much Fun!

Accepting New Patients!
Infant—18 yrs.

Dr. Roger Lucas, DDS
Board Certified Pediatric Dentist

425-774-1285 KidsDentist.com

18833-B 28th Avenue, Lynnwood By the Alderwood Mall, In the Shane Company Plaza

Mention this ad to receive a FREE electric toothbrush at your exam!

Cadence

Child & Adolescent Therapy

"My child is struggling and I don't know what to do."

Cadence can help.

Comprehensive assessment and treatment for:

ADHD • Anxiety • Asperger's Syndrome • Autism Spectrum

Depression • Disruptive Behavior • Eating Disorders

Emotional Dysregulation • OCD • Self-Harm

Suicidal Thinking and Behaviors



The only comprehensive Dialectical Behavior Therapy (DBT) program for adolescents on the Eastside. We also offer a full Cognitive Behavior Therapy (CBT) program.

Call us at 425-658-3200 or
visit cadencechat.com

Convenient location - Carillon Point, Kirkland just off 520



This school year, your child can slide backwards, or...

leap ahead

in important skills for school success.

BACK TO SCHOOL SPECIAL!
Receive a complete
LearningRx Cognitive Skills
Testing Package* for \$150

CALL (425) 657-0908

LearningRx
train the brain. get smarter. guaranteed.
www.learningrx.com/issaquah

*Package includes Woodcock Johnson, III Cognitive and Achievement tests, analysis of the test results, and a one hour consultation. Limited time offer.



AuntieAnne's

ROLL AND TWIST YOUR VERY OWN AUNTIE ANNE'S PRETZEL!

Come and enjoy the Auntie Anne's experience through a Pretzel Field Trip!

Great for schools, Scouting groups, day care centers, homeschool groups, senior centers, birthday parties, and other groups of all ages interested in learning the art of hand rolling pretzels!



- Learn about the History of the Pretzel and Auntie Anne's
- Take a tour of the store
- Learn how to roll your own pretzel with real pretzel dough
- Receive a goody bag
- Girl Scout Troops receive a souvenir badge

Bellevue Square - and other participating locations
425-637-8990



Deep thinkers and perfectionists

Getting to know your gifted teen

By Lisa Rivera

W

ho are gifted teens?

If you think they are all popular, active, straight-A students with a one-way ticket to the Ivy League, keep reading. Gifted teens are also deep-thinking introverts who flourish with a sparser schedule, late-blooming artists who may struggle in school and not fully realize their talents until adulthood or beyond, and fun-loving social butterflies who excel at making connections, perhaps at the expense of a high grade point average.

We often recognize giftedness in terms of milestones, such as learning to read early, but being gifted is as much about intensity of inner experience as it is precociousness — intense emotions, intense curiosity and need to learn (but not necessarily school subjects), intense imagination, intense reactions to change. Parents can ask themselves to what extent they also have this intensity, as a way to connect with and better understand their adolescents.

Parents can also know that not all gifted teens continue to do everything earlier and faster than their peers. In fact, a longitudinal study of child brain development published in 2006 in *Nature* found that the cortical pruning necessary for executive function skills, such as long-term planning and prioritizing, actually began later rather than earlier for more highly intelligent

twens and teens, up to four years later. The study's authors suggest that the delay may allow for greater development of "high-level cognitive" connections, or critical and creative thinking skills.

What does this mean for parents and teachers of bright teenagers? One-size-fits-all or unrealistic expectations can often get in the way of seeing who gifted adolescents truly are and what they need. In our world of high-stakes university admissions, when even middle school students feel pressure to begin thinking about what will look good on their college applications, parents can remind themselves that academic development is only one part of who their child is. The social and emotional development of gifted teens has a far greater impact on the rest of their lives than whether they get an "A" in any given class.

Jane Hesslein, a Seattle Country Day School educator with more than 30 years of teaching experience, offers the following suggestions for dealing with three issues that parents of gifted teens often worry about: perfectionism, anxiety and social life.

Perfectionism: "Focus on the difference between perfection and excellence. Figure out where the pressure is coming from — fear of failure in an area of strength? Fear of a new subject? Fear of social ridicule? Is the pressure from

continued on page 52



PHOTO: JACOB

A Nanny for U
Trusted. Caring. Experienced.

3 YEARS RUNNING

VOTED BEST NANNY SERVICE!

Parent Map 2013, 2012 and 2011 Golden Teddy Winner

A nannyforU.com 206.525.1510

DISCOVER THE DIFFERENCE

Exceptional Personal Service
Thorough Screening
Unique Approach
Long-term Guarantee

Dedicated to Finding The Perfect Care to Fit Your Individual Needs

Because Your Child Deserves the Best

CAREWORKS
INNOVATIVE NANNY SOLUTIONS

206-325-7510
425-641-9522

www.careworksseattle.com

THE SEATTLE NANNY NETWORK, INC.

In-home care solutions from the company you've grown to know and trust, since 1997

"The most plugged in and forward looking nanny agency in the area"

—SMH client

- CPR/1st Aid Courses • Backup Care
- Free Trial before Hire

206-467-1999
425-803-9511
www.seattlenanny.com

SN NETWORK

SeekingSitters
Child • Pet • Home • Study

Safe • Easy • Local

CALL US Anytime!

206.714.2222

Licensed Private Investigator screened sitters for your regular, one-time, part-time or even last minute sitting need.

www.SeekingSitters.com

Being well. Well being.

Walk-In Clinic Hours
Mon-Fri 9 am - 8 pm
Sat/Sun 9 am - 4 pm

EFM
EDMONDS FAMILY
MEDICINE

425-775-9474
www.psfip.net

7315 212nd St SW
Edmonds, WA
98026

A member of Puget Sound Family Physicians



GRAND OPENING DEALS

**Xtreme
Bounce of Fun**

"A happy place for little ones."

**2 for 1
Play Pass**

**\$50 OFF
Birthday Party
Packages**



1101 Supermall Way
Auburn, WA 98001

THE OUTLET
COLLECTION SEATTLE
(next to the carousel ride)

expiration date
10/18/13

Gifted teens

continued from page 51

within, or is it some outside pressure?" Creative excellence often requires some missteps along the way. Sometimes doing one's best is not the same as being perfect, and it's also OK not to do one's best all the time.

Anxiety: For anxiety that stems from being overwhelmed, Hesselin suggests helping teens to create a schedule by "working backward" so that they have a realistic sense of how much time is needed. "This strategy has the added bonus of listing just what those steps are," Hesselin says. "Sometimes just doing that lightens the dread." Humor — honest rather than sarcastic humor — can also ease tension and promote insight. However, she cautions, "If anxiety is handicapping, it's time to seek help."

Social life: Hesselin urges parents to help their teens find others who share their interests, regardless of age. Mentors, whether through a formal mentor program or on an informal basis, can also play an important role in adolescents' social life, especially since gifted teens

can often converse quite well with adults and enjoy doing so. To find mentors, think of friends, colleagues and extended family members who share your teen's intensity in specific areas.

Be flexible

As is often the case with good parenting, being flexible and willing to change course when necessary go a long way toward meeting your children's needs, as David Berg, a Puyallup resident and father of three, has found.

"I have one teenage son, one who calls himself 'eleven-teen' and one who is 7. I know already that what works for one son may not work the same way for his brothers," he says. "Remembering that I need to let my teen take chances and make himself vulnerable is important. When he was younger, he needed someone to be his advocate. Now, I need to make sure he knows how to advocate for himself."

Hesselin agrees that parental growth and development is important during the teen years, especially when

it comes to granting teens more independence — not only at home, but also in their education. This sometimes means letting bright teens make and own their mistakes, rather than parents doing everything possible to prevent those mistakes from ever occurring.

"One of the most difficult conflicts of adolescence is the tug-of-war between a parent's need to be needed (they're not ready for this job to end!) just when their teen feels ready for independence," says Hesselin. "I talk to both students and parents about this, which is why one of my students called me a double agent. It is helpful for teens to understand their parents' dilemma and allow them some slack, too, as everyone wriggles their way to the next challenge of parenthood — parenting adult children!" ■

Lisa Rivero is the author of several books, including Smart Teens' Guide to Living with Intensity and A Parent's Guide to Gifted Teens.

Getting involved in gifted education

David Berg, an active advocate for gifted students, serves on the board of the Northwest Gifted Child Association, works on the Washington Coalition for Gifted Education and received the 2011 Leadership Award from the Washington Association of Educators. He suggests these ways for parents to help improve educational opportunities for gifted teens:

Know your state. Washington state "is in a time of transition for gifted education," says Berg. "Highly capable programming is now part of our state's definition of basic education, and all districts will be required to offer services for students from K to 12."

Parent knowledge and input are crucial. Berg says parents should watch their districts for opportunities to be involved in developing a gifted education program — and be advocates for their kids. "Few educators have had formal training in meeting the needs of the gifted; professional development is a part of the transition plan for most districts, but the need for parent involvement and advocacy isn't going to go away."

Set an example for your teen and join up. Parents can look for local, statewide and national organizations through which they can not only make a difference, but also connect with other parents facing similar

issues and challenges. "There are other parents and children out there going through the same issues," Berg says. "No parent or child should have to go it alone." He recommends the following organizations:

- **Northwest Gifted Child Association**
nwgcga.org
- **Washington Coalition for Gifted Education**
wcge.wordpress.com
- **Supporting Emotional Needs of the Gifted**
sengifted.org



ACTIVE LEARNING CONNECTED

School Age Care with the Y

Find a program in your neighborhood: ykids.org

SweetiePie Parenting

You don't have to be a tough cookie to raise a sweetie-pie.

www.sweetiepieparenting.com



saturday family concerts



october 19
charlie hope

empowering and interactive

SCIENCE TOWN HALL ARTS & CULTURE COMMUNITY CIVICS

FREE for kids. \$5 for their adults.

WWW.TOWNHALLSEATTLE.ORG

series support
provided by



Lucky Seven Foundation
Fates Foundation Trust

Empowering youth

JOIN US!

Enjoy an inspiring luncheon to
empower low-income, underserved
youth to realize their dreams of a
college education.

November 1, 2013
Sheraton Seattle Hotel

Registration: 11:30 a.m.

Lunch & Program: Noon-1:30 p.m.

SPECIAL GUEST

EMCEE



Jeff Raikes, CEO
Bill & Melinda
Gates Foundation



Jean Enersen, Anchor
KING 5
Evening News

Honoring Bob Craves and Ann Ramsay-Jenkins
College Success Foundation Co-Founders

RESERVATIONS: \$100 per person
SPONSORSHIP OPPORTUNITIES: \$20,000-\$1,500

For more information
empoweringyouth@collegesuccessfoundation.org
425.416.2000
collegesuccessfoundation.org

*The College Success Foundation provides a unique
integrated system of supports and scholarships to inspire
underserved, low-income students to finish high school,
graduate from college and succeed in life.*

**COLLEGE
SUCCESS
FOUNDATION**



Someone you should know

Interview by Kristen Russell • Photograph by Will Austin

To read
more interviews,
go to
parentmap.com
> Parent Life
> Someone You
Should Know

PAUL VINE is an Eastside special-needs educator and the director of special education for the Lake Washington School District, which serves nearly 26,000 kids in Kirkland, Redmond and Sammamish. Under his purview: More than 3,000 kids with a wide range of disabilities, from ages 2 to 21 — nearly 13 percent of all kids in the district. To say that Vine is passionate about kids is an understatement; this thoughtful, bike-loving father of two has made his life's work out of connecting with — and creating opportunities for — kids with special needs.

Describe your philosophy for educating special-needs kids.
Our philosophy is that every kid is a Lake Washington student first. Some may need some extra services to help them in their ability to access their education, but they are all our students.

We have a range of services, depending on the child, but we always start with their neighborhood school: Wherever they live, we try to provide the services there. Sometimes, kids have needs that are more significant, and it's not always possible to meet their needs in their neighborhood school, but we try to do so when we can.

At the elementary level, K-5, we have what we call "learning centers," which have more intensive services and a smaller staffing ratio. For older kids, all but two of our middle schools — and all of our high schools — offer a full range of services that can meet every kid's needs. Our long-term goal is that all of our kids can stay within their neighborhood schools, with some rare exceptions. We want them to be in their own communities building those strong neighborhood relationships.

What range of abilities does your program serve?

We have a lot of kids who are getting special education but spend the majority of their day in regular classrooms, and then we have some that are in special programs the full day. Our kids range from having learning disabilities to disorders like attention deficit, to kids who are hard of hearing or deaf, kids with emotional and behavioral disabilities, kids on the autism spectrum, orthopedically impaired, medically fragile and more. It's a lot of different, specific needs, but that's part of the fun of it — you have a lot of variety and a lot of solutions available to meet kids' needs.

One of our major focuses in education is inclusion: Every child belongs. We sometimes have an event called "Disability Day" — a day on which kids who don't have a disability get to experience what it's like to have one. For example, we'll ask a child to try to read a book that just doesn't make sense, so they can see what it's like to not be able to read things. We just want to make sure that all kids are accepted and are

part of the school community. And we see that this benefits all kids, those who have disabilities and those who do not. They all learn and grow from each other.

What support does your program offer to parents?

We have a special-needs group in our PTSA, and we try to have monthly meetings for parent education. We also have different advisory groups that work on specific issues, for instance, dyslexia. We try to create as many resources as possible for parents.

Tell us a bit about yourself.

I was a special education teacher, and then a special education director for seven years. But my first career was owning a bike shop in California. I still bike now, but not like I used to. I have a son who's 10 and a daughter who's 8. I always say that being a parent is one of the most rewarding things I've ever done — and one of the most relentless things I've ever done!

Where do you get your inspiration?

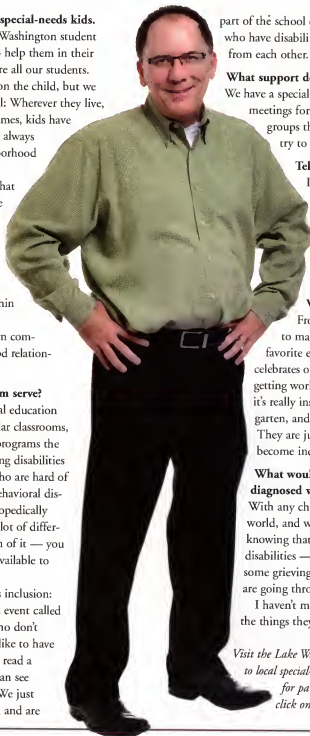
From knowing that the hard work we do together to try to make these kids successful is paying off. One of my favorite events of the year is the Transition Academy, which celebrates our 18 to 21 kids going out into the community and getting work. The kids run the whole graduation ceremony, and it's really inspiring to think back to when they were in kindergarten, and then to where they are when they leave us at age 21. They are just amazing to watch, and see the growth, as they become independent adults in their own way.

What would you say to a parent whose child has just been diagnosed with a disability?

With any child, it's a journey. Every child brings something to this world, and we have something to learn from each one. Just focus on knowing that children have different abilities — and not necessarily disabilities — and know that you are probably going to go through some grieving, but ultimately, if you can connect with parents who are going through the same thing, you realize you're not alone.

I haven't met a parent yet who — in the end — isn't amazed at the things they've learned from their special-needs child. ■

Visit the Lake Washington School District's website (lwsd.org) to find links to local special-needs resources for families. A berry of articles and resources for parents also is available on our website, parentmap.com; click on "health and development" and then "special needs."





peg + cat

**Best friends putting
two + two together**

Embark on adventures, solve problems and learn foundational math concepts with the adorable, spirited Peg and her sidekick Cat.

Premieres OCT 7

WEEKDAYS | 9a + 3p

WEEKENDS | 8a



CONSTRUCTABLES: A LUNCH PLAN

CHOOSE ONE FROM EACH CATEGORY
AND LET THEM EAT IT THEIR WAY AT LUNCH!



COLOR

apple slices
orange segments
raspberries
cherry tomatoes
bell pepper slices

CRUNCH

whole-grain chips or crackers
celery sticks
baby carrots
cucumber slices
pico de gallo



PROTEIN

nut or seed butter
sliced ham or turkey
hard-boiled egg
hummus

BONUS

yogurt
applesauce
fruit strip
string cheese



1 BITE, 2 BITES, 3 BITES, 4...THEY'LL LOVE DINNER AND YOU'LL KNOW THE REAL SCORE!

Quick prep + healthful ingredients – junk = You do the math! (Because they can't yet.)



MAC & CHEESE + FROZEN PEAS = POLKA DOT MAC

WHOLE WHEAT TORTILLAS + SHREDDED ROTISSERIE CHICKEN + BABY SPINACH = CHICHA BOOM BURRITOS

SPAGHETTI SQUASH + TOMATO SAUCE = SQUASHY SPAGHETTI

BREAD + CHEESE + CARROT RIBBONS = CROUCHING CARROT SLY GRILLED CHEESE

COD + PANHO + ROASTED BROCCOLI = CRISPY FISH IN A FOREST

HUNGRY FOR MORE?

Find kid-friendly tips, menu plans and tested recipes at wholefoodsmarket.com/kid-friendly.





WICKED GOOD FOOD

WITHOUT THE SCARY ARTIFICIAL INGREDIENTS.



true quality standards for food you can trust.
wholefoodsmarket.com

